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THURSDAY, JUNE 2ND 2016

CARERS WEEK 6th-12th June 2016 Pages 18-19
BUILDING CARER FRIENDLY COMMUNITIES

iga NATIONAL GLAUCOMA AWARENESS WEEK June 6-12, 2016 Page 20

COWBRIDGE FOOD FESTIVAL PROVES THE PERFECT DAY

THUMBS UP! IMAGE by GLYN EVANS

COWBRIDGE Festival of Food and Drink was held on Sunday and Monday (May 29-30) and wonderful weather ensured healthy crowds.

The Mayor of Cowbridge with Llanblethian, Coun Elizabeth George, told The GEM: "Last weekend, I was invited to the Cowbridge Food and Drink Festival.

"What a joy it was to see the sun shining and large crowds of people enjoying all that the festival had to offer.

"This is a very important event in the Cowbridge calendar as it attracts many visitors to the town, and is obviously the result of much hard work by the committee and its many volunteer helpers."

Visitors were treated to foodie demos and were able to discover, and sometimes sample, local produce along with more exotic items from further afield.

(CONTINUED ON PAGE 4)

'Flying the flag for Wales' – Page 40

Cowbridge Beaver Scouts at the climbing wall.

Eager Beavers get a college climbing lesson in the rain!

IF there's torrential rain in May, you know the Cowbridge Beaver Scouts must be climbing again at Atlantic College.

This is the fifth year the Beavers have climbed at the college and the fifth time it has tipped down. But did that put the Beavers off when they visited last week? Not at all!

The 10m outdoor climbing wall at Atlantic College can look very daunting (especially if you've only just turned six) but under the careful guidance of the college climbing team, everyone had a good go and four children made it to the top – in fact, one child was ready to go over the top and straight down the other side!

While the children waited their turn, they met some lovely Atlantic College students from China, Bangladesh and Colombia and learnt a little about their countries; how to say 'hello' in their languages and, best of all, how to play some of their local games.

It was amusing to the students to hear where the Beavers thought some of their countries actually might be... everyone now knows China is definitely not in France...

The Beavers would like to thank the students and staff of Atlantic College for another great climbing experience.

ELUNED MORAN,
Beaver Section Leader

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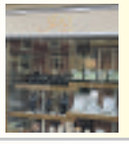

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Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk

• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

Did you help out following tragic Moulton incident?

THROUGH The GEM, I'd like to thank and make contact with the people who came to my aid and assistance during a tragic accident in Moulton on Thursday, May 26 while out horse riding.

Due to the traumatic incident, the people concerned had left the scene when the paramedics arrived.

I, my family and all involved, would like to thank you personally, if you could respond to this letter and contact Mrs Whittaker on 07971 717670.

R Whittaker,
Barry.

AN ODE

JACK and Jill went down the hill,
To see some Punch and Judy;
But what a shock, to lose the plot,
By grown-ups getting moody.

ANON

Rugby star Jamie caused a splash at Ty Hafan's party!

Ty Hafan rounded off Children's Hospice Week with a party that featured a water fight with Welsh rugby international star Jamie Roberts.

Families also spent time with Dirty Sanchez star Matthew Pritchard, Paralympic champion Mark Colbourne, Cardiff Devils player Jake Morissette and former player Mark Smith, who all got into the party spirit for the afternoon.

Jamie Roberts said: "I'm here at Tŷ Hafan in Sully celebrating Children's Hospice Week across the UK.

" I have just had a water fight – I think I came off worse!"

Children's Hospice Week is the UK's only awareness week for children with life-limiting conditions and the palliative care services that support them and their families.

Jamie with Osian Liddell.

Tŷ Hafan's CEO, Kate Phipps, said: "I'd like to say a big thank you to our celebrity friends, our staff and volunteers who went the extra mile to make the party even more special.

"Days like yesterday really do mean a short life is a full life and the party was the perfect way to celebrate Children's Hospice Week."

To find out how to support Tŷ Hafan, visit www.tyhafan.org.

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'Inspirational nursing care for the elderly'

AT a time when there is so much publicity about dementia and the care and support for sufferers and their carers – and concern about nursing homes, I feel I must tell you of my own experience.

My 86-year-old husband was already starting to lose interest in life, suffered arthritic pain for years after several orthopaedic operations, and had been diagnosed with dementia when he had a stroke in October 214.

As a result, he was hospitalised for six weeks and did not regain his mobility. His mental health was declining and he was 'bed-blocking'. The staff on Ward 18 at Princess of Wales Hospital in Bridgend were very helpful and he was given a place at Pen-y-bont Court, Ewenny.

He remained there for 15 months before he recently passed away.

What an experience it was for us as a family, to see and feel the wonderful care he had there.

We were always welcomed by such a happy, caring staff. We knew he could be difficult, but they really knew how to handle him.

This nursing home is such a wonderful example of how to cope with all the problems of older people.

There is strong leadership, always someone available to speak to, a listening staff – male and female – of varying ages.

We were amazed at the attitude of young carers, so well trained. He built up a relationship with all of them and I have been told how they miss him – it's a lot quieter now!

Everything about this home was positive – excellent food, trips out for lunch for people well enough to cope, and lovely gardens. The whole place is inspirational, and an example of what other homes should aspire to.

Mair Griffiths,
Llantwit Major.

Doubts over Vale's lighting strategy

IN last week's GEM, the leader of our council wrote that more LED street lights will be installed on our streets to save money and to lessen the council's impact on the environment.

This lighting strategy does not seem to be supported by the financial data or environmental science.

Energy costs have not risen as the council forecast two years ago, meaning that recouping the costs of the LED lamps will now take longer than the 13.1 years forecast in 2014.

The lamps only have a 10-year guarantee, so there is no guarantee that they will ever deliver savings.

Rather than investing in renewable energy, the council has opted to reduce its carbon footprint by replacing sodium lamps with LEDs, but this has a number of health and environmental issues related to the wavelength (blueness) of the light energy.

We identify shorter visible light waves as blue and they colour our sky. Longer wave visible light is red, and creates sunsets when the blue light is filtered out by the atmosphere.

Science is not very advanced when it comes to how artificial light affects our health, wildlife (particularly nocturnal species), and ecosystems. However, alarm bells have started to ring.

In the last 15 years, scientists have discovered how our bodies sense light waves and we are still discovering how our bodies are programmed to react to light.

Our body clocks react to the amount and type of light energy we receive – blue light signalling to our bodies to be awake.

Light (particularly 'blue' light) suppresses our bodies' melatonin production – increasing the risk of us developing cancer.

We know that moths and birds deviate from their natural behaviour because of artificial light. The majority of insects and other invertebrates are most visually sensitive to short wavelength light energy, thus the LED lighting will have more effect on them.

A study at Bristol University found that bats are less active around (bluer) LED street lighting than the sodium lighting it's replacing.

While the council claims that light pollution/spill is reduced by the LED lighting, this is disputed by scientists.

Because of the glare from the LED lamps, the sky may appear to the human eye to be less polluted, and streets less well lit – but this may not be the case.

Ian Perry,
Cardiff.

WRVS reunion

THE WRVS Central Mother and Baby Club was formed in July 1966. We used several venues over the years, including the church hall on the corner of Wyndham Street (now David Davies House), the Dinam Hall and the Sea Cadets Hall in Lombard Street.

If you were a member at any time and would be interested in attending a reunion, contact Jenny on 01446405353 or 07895382971, or Liz on 01446409475 or 07541330519.

Mrs E Phillips,
Barry.

'Why brackets?'

I AM at a loss to understand why, in your article on the Cowbridge Food Festival in last week's GEM, you said: "*The men (and women) behind businesses such as...***" – in brackets. Really?**

Women being the afterthought? Women being the thing you suppose you should mention really, just to even things out?

Never mind the fact that at least one of those businesses is founded and managed solely by women, and that's without me doing any research on the others.

I don't expect you to print this on your letters page. I do expect you, however, to print an apology for what was blatant misogyny either on the part of your reporter or you, the editor.

Heather Davies,
Llantwit Major.

'Jazz Festival was fantastic'

Gareth and Bella.

I JUST wanted to express my thanks to the organisers of this year's Vale Jazz Festival last weekend. They created a fantastic event on very limited funds.

I was asked to be the artist in residence and created a number of artworks which I would like to share with your readers. Let us hope next year's event will be even bigger and better!

Glyn Pooley,
Barry.

'Battles impact communities'

CAN I commend Alun Robertson for his excellent article reminding readers that battles such as that at Jutland impacted on communities throughout the Vale of Glamorgan?

If he had pursued his researches further west, he would have added at least one more name – that of Arthur Jones of Llantwit Major. He had been born in Llantwit but his father, Thomas, hailed from Carew in Pembrokeshire and his mother, Emma, from Rockfield in Monmouthshire.

Thomas was employed as a coachman and general labourer and the family lived in Colhugh Street.

It seems that Arthur had joined the navy well before the outbreak of war as he was recorded in 1911 amongst the crew of *HMS Blake*, the parent ship of the 2nd Torpedo Boat Flotilla.

On May 31, 1916, he was serving aboard *HMS Defence*, the flagship of Admiral Robert Arbuthnot.

Having engaged and seriously damaged the German cruiser Weisbaden, Arbuthnot's vessels were moving in for the kill, but came under severe fire from a German squadron made up of a battle cruiser and four dreadnoughts.

The *Defence* was hit by two heavy salvoes and the vessel disappeared in a roar of flame.

Nigel Williams,
Llantwit Major History Society.

HIGH TIDE TIMES

(UNTIL JUNE 9)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
02 Thur	04.18	9.0	16.57	9.1
03 Fri	05.24	9.5	17.52	9.6
04 Sat	06.19	9.8	18.44	10.0
05 Sun	07.11	10.1	19.36	10.2
06 Mon	07.59	10.2	20.21	10.3
07 Tues	08.47	10.2	21.09	10.1
08 Wed	09.34	9.9	21.54	9.8
09 Thur	10.17	9.5	22.36	9.3

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Hafod staff transform local community centre

The IT suite before refurbishment...

... and after.

MORE than 30 staff from Hafod – a local housing, care and support provider – helped transform a community centre in Llanharan as part of 'Give & Gain', the UK's national day of employee volunteering.

Llanharan Community Development Project (LCDP) is a charitable organisation that provides community services to more than 7,000 people in Llanharan, Brynna, Bryncae and surrounding communities.

Services include childcare, playgroups, a crèche, holiday clubs, school holiday play schemes, a youth club, afterschool club and a children's library.

It also offers a range of classes and at the centre for people to learn new skills, access IT facilities, have lunch in the cafe or receive support with information and advice.

Staff from Hafod, which includes Hafod Housing Association, Hafod Care Association and Hafod Resources, carried out improvement works both inside and outside the centre.

The team also revamped the IT Suite with new paint, work surfaces, flooring and PCs and equipment donated by Hafod.

Martyn Seaward, head of central services, was one of three volunteers who helped lead the Give and Gain project this year. He explained: "Hafod is committed to improving and supporting the communities where we operate and we were delighted to work with LCDP to help improve its facilities.

"The centre is used by both members of staff and tenants so it was a great opportunity for our staff to work together to deliver a tangible benefit for the local community."

Jane Hawkshaw, chair of trustees at LCDP, said: "The centre is such an important hub for the local community and it was in desperate need of some TLC, but we just didn't have the resources to do it ourselves.

"The difference is phenomenal and will make a huge difference to both our staff and users."

THE STORY OF 'TWELVE GO TO FLAT HOLM'...

TWELVE intrepid members of Cowbridge U3A visited Flat Holm in early May on a natural history trip.

It was a beautiful morning in Cowbridge when we set off and the sea looked deceptively calm at Penarth marina, where we gathered to board the Sea Safari rigid-inflatable boat (RIB), a lightweight, but high-performance vessel constructed with a solid, shaped hull and flexible tubes at the gunwale.

Though stable and seaworthy, an RIB is not necessarily dry for passengers!

Fortunately everyone had taken heed of the advice to wear waterproofs, but most of us arrived on the island drenched after a short, rough crossing.

We were accompanied by Stuart, one of the island's wardens, who was starting a three-week stint.

We headed for the Victorian barracks and had a hot drink while stripping off some wet layers to dry in the sun and the wind.

Stuart then took us on a whistle-stop tour. Flat Holm is roughly circular with a diameter of 500 metres and has a long history, having been occupied for 800 years.

We were shown some of the nine rifled muzzle-loading guns, put in place during the middle of the 19th century – there was concern about Napoleon III – but never used.

The island is an important nesting site for lesser black-backed gulls, a species in decline. They are ground-nesting birds and normally lay a clutch of three eggs. The success rate is low – only one in 10 progress from egg to maturity, and this year, the gulls were several weeks late laying the eggs.

The adults defend the nests fiercely, which is why many of us took the precaution of wearing hard hats and carrying walking poles to wave above our heads.

Other birds seen were swallows, shelduck, oystercatchers and a male peregrine falcon which was being mobbed by gulls.

We did not see the sheep that graze here, but there were plenty of rabbits. We also found five slow worms beneath a corrugated iron refuge, and those we examined were all males.

The island is known for its rare wild leeks and wild peony – believed to have been brought from the Mediterranean – and we also saw lots of ground ivy and bluebells.

We spotted our boat, full of members of the Flat Holm Society who were coming for the weekend to do a gull count.

We hurried to the quay and prepared ourselves again with waterproofs and lifejackets.

By then, the swell had increased and the boat was unable to land, so it disappeared again to go around the island to try to find an alternative landing site.

As time ticked by, we started to contemplate the possibility of an unplanned night on the island with only leeks and gulls' eggs to eat!

The boat appeared again and there had been a marginal reduction in the swell – just enough to allow the crew to offload the passengers.

They had lots of luggage, so in true naval fashion we formed a human chain and efficiently passed everything up the slipway.

Time was of the essence, so we then had to get on board as fast as we safely could.

Fully braced for the worst and hanging on tightly we motored across the sea. We were quite sure that we took off occasionally. There were certainly a few big bumps.

Most of us didn't get too wet going back, but there are a few seats where the occupants are very susceptible to a soaking.

To relief all round, we were soon basking in the sun in the marina again.

We had judiciously postponed lunch until after the boat ride and enjoyed our picnic on terra firma.

STEVE MONAGHAN
Cowbridge U3A

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£30,000 is raised for Marie Curie hospice

THE Cowbridge Fundraising Group for Marie Curie have raised over £30,000 since they started three years ago.

Their next event is a garden party in the Physic Garden, Cowbridge, on Friday, June 10 at 6.30pm.

All are welcome; tickets (£15 each) available from Barnes the Dry Cleaners, Davies Newsagent or from John Roberts, group chairman, at 18, Eastgate, Cowbridge.

JR

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SUPPORTING 'FORGET ME NOT CHORUS'

by the Mayor of Cowbridge with Llanblethian, ELIZABETH GEORGE

I WOULD like to take this opportunity to introduce myself as the new Mayor of Cowbridge with Llanblethian, and introduce my husband, Chris George as my consort.

For those of you who do not know me, I have lived and worked in Cowbridge for the past 40 years and I am honoured to have been elected Mayor for this ensuing year. And to represent the communities of Cowbridge, Llanblethian and my own ward Aberthin.

The first two weeks of my year of office have included the formality of 'Mayor Making' in our historic council chamber.

The following week I was invited to welcome a party (*see right*) for our Twinned Town of Clisson on the 25th anniversary of their first visit to Cowbridge.

The reception was held in the delightful Physic Garden, and what a lively affair! I do hope the Twinning Association continues for many years to come as it provides an important cultural and social link between our two historic towns.

This weekend, I was invited to the Cowbridge Food and Drink Festival.

What a joy it was to see the sun shining and large crowds of people enjoying all that the festival had to offer. This is a very important event in the Cowbridge calendar as it attracts many visitors to the town and is obviously the result of much hard work by the committee and its many volunteer helpers.

During the year, I will be holding a number of events in support of my chosen charity – The 'Forget Me Not Chorus'.

This is a small charity supporting people with dementia and their carers through the joy of singing!

The musical director Kate Woolveridge, a mezzo soprano who has worked with Welsh National Opera, is planning a 'taster session' in Cowbridge on September 17. I am looking forward to welcoming people to this event.

The Mayor's monthly coffee mornings in aid of this charity will begin on Saturday, June 4. Please join me in the Mayor's Parlour from 10.30am to 12.30pm for coffee, tea and homemade cakes. All are welcome!

Sun shone for Gallic visitors from twin town!

VISITORS from Cowbridge's twin town of Clisson, France set off early on Monday this week to return home after a successful visit in glorious sunny weather.

Arriving last Thursday, they were met in the Physic Garden by Madame Annie Ansari, Chair of Cowbridge Town Twinning and the Mayor Coun Liz George. Jane Hutt AM, Assembly member for the Vale also attended.

Clisson and Cowbridge have now been twinned for 25 years and the speakers referred to the importance of this milestone and the good relations between the two towns that had resulted.

A musical accompaniment was provided by Mrs Elizabeth Elliott for the singing of French, Welsh, British and European anthems.

Celebrating 25 years of the Twinning and 50 years of the *Magic Roundabout* – produced originally at studios in Clisson – the Twinning Committee laid on a show in the Market Theatre specially written and directed by Peter Sain ley Berry and featuring some of the *Magic Roundabout* characters.

Madame Martin Danot, widow of the late Serge Danot who created the *Magic Roundabout,* was kept informed of proceedings and a copy of the script is now in the Magic Roundabout archives in France.

A trip to west Wales, including visits to Manorbier, Pembroke and Carew castles, followed the next day.

The visitors – who were hosted by members of the Twinning Association in their homes – also attended the food festival and the visit finished with a dinner and dance in the Town Hall on the Sunday evening at which the Clissonais presented the Cowbridge Committee with two pictures featuring scenes from the *Magic Roundabout* which had been specially commissioned.

These will be on show in due course in Cowbridge Library, which will host an ongoing exhibition of the *Magic Roundabout* including four short films (in French).

For further details or enquiries about the twinning association, contact Mme Anne Ansari 01446 773845.

The Mayor of Cowbridge, Coun Liz George (left) addressing members of the Twinning Association and their guests in the Physic Garden with Madame Annie Ansari.

Food festival and fun draw in crowds

CONTINUED FROM PAGE 1

Local businesses also got into the festival spirit. The marquee at The Bear Hotel was a popular meeting place with large crowds. Bar 44 which brought a 'taste of Galicia' was packed – as was the Vale of Glamorgan with its selection of ales. The Hare & Hounds at Aberthin held its own beer and cider festival!

The Fringe Festival in Old Hall Gardens was well attended with children's activities, storytelling and music. It also hosted charities such as the Woodland Trust and National Trust who were able to explain their work.

For a photographic record of the day courtesy of Glyn Evans and Mike Wilcock, turn to pages 6 and 7.

Penllyn Bridge Club news

LATEST results for May are as follows:

Thursday, May 12: 20 pairs, first, Marian and David Stephenson, 62.27 per cent; second, John Lord and Jo Ilsley, 60.65 per cent; third, Colin and Judith Nunn, 59.92 per cent.

Thursday, May 19: 16 pairs, first, Colin and Judith Nunn, 64.29 per cent; second, Marian and David Stephenson, 59.42 per cent; third, Helen Owen and Penny Jarvis, 57.42 per cent.

Thursday, May 26: 21 pairs, Robert Brown Competition – first, Colin and Judith Nunn, 59.72 per cent; second, Barbara Easterbrook and Lynva Chamberlain, 57.07 per cent; third, Lou and Phil Edwards, 56.57 per cent.

CN

COMMUNITY NEWS

TREOES, LLANGAN & ST MARY HILL

Your local correspondent is Nancy Davidge, "Tynewydd", Llangan. (01656) 860303

Annual concert

ON Friday, June 17, St Canna's annual concert will be given by the Bella Donna vocal ensemble, directed by Geoff Howells.

Tickets (£7.50) available from the church committee include a raffle ticket to be issued on the evening.

A big thank you to everyone who supported St Canna's recent successful coffee morning.

Changing times

MY association with Llangan village goes back over 80 years and I remember quite clearly how life used to be.

Everyone knew their neighbours, farmers helped each other during hay making time and it was all hands to help.

Now, of course, machines do all the work in much less time.

After a hard day's toil, workers would come to Tynewydd for a good wholesome meal and plenty of tea or lemonade – no beer, as my father was a lifetime teetotaller!

Now, people move into the village and are still strangers when after a short time, they move on.

A future Olympian from the Vale?

I WISH to add my congratulations to Kristian Jones on his magnificent victory in winning the Cardiff and Vale Schools 100 metres to create a new record for the event.

The woman you did not identify who has run 0.8 seconds faster than Kristian's time of 10.57 seconds is the American world record holder Florence Griffith-Joyner, also known as FloJo.

As a world-class athlete running against Kristian in his record-breaking race, FloJo would have won by about seven and a half metres.

As a young man of 17 or 18 years of age, he can only get stronger and better and treading the right path can achieve high honours in the athletics field.

Good luck to Kristian and may he continue to break more records and possibly become an Olympian.

FMD Knill, Pendoylan.

Cowbridge Town AFC

MINI FOOTBALL

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TRAINING SESSION

at Cowbridge Police Fields

11th June 2016

FOR UNDER 6 PLAYERS

AT 10AM: If your child's 6th birthday falls between 1st September 2016 and 31st August 2017 (Year 1)

FOR UNDER 7 PLAYERS

AT 10AM: If your child's 7th birthday falls between 1st September 2016 and 31st August 2017 (Year 2)

FOR UNDER 10 PLAYERS

AT 11AM: If your child's 10th birthday falls between 1st September 2016 and 31st August 2017 (Year 5).

Dependent on availability of places, there will be an opportunity to join this squad this season. Boys and girls of all abilities are welcome to join a taster session with the current coaches.

The session will last an hour, combining some fun games and small sided matches. All players must reside in the Vale of Glamorgan. ALL children must have shin pads and a drink of water to be able to participate. Cowbridge Town AFC provide football for over 350 players in the Vale of Glamorgan, and are always looking for volunteers to assist with coaching at all age groups. If this is something that may be of interest to you, please come along on the 11th of June.

Cowbridge U3A meet

THE next Cowbridge U3A meeting will be a talk entitled 'The story of Rorke's Drift', by Richard Davies (curator of the Regimental Museum of the Royal Welsh), at 2pm on Wednesday, June 8, in Cowbridge Town Hall.

There is a small fee for visitors, which includes refreshments.

www.u3asites.org.uk/cowbridge

Five days, five marathons for Caryn and Co

IN October, Caryn Gwilliam from Cowbridge, will attempt to complete five marathons in five days to raise funds for Winston's Wish, a charity that supports bereaved children.

Caryn Gwilliam will be leading a group of 30 attempting the consecutive marathons. She is taking part to remember two friends who died last winter.

The group will be walking four marathons in four days and running a half marathon on the fifth day.

All of the 30, who are all fundraising for charities close to their heart, have already started their training with a 12-mile walk starting the preparations.

Caryn (40) said: "Over the next six months, I will be preparing to take on 'The Beast' challenge – a 120-mile walking and running marathon for Winston's Wish. I'm taking on the challenge as part of a larger group event with 'The Breakfast Club', where I am the group's people director, with 30 of colleagues.

"Winston's Wish do fantastic work supporting children who have been bereaved and I'm looking forward to fundraising for them."

Each year, Winston's Wish helps more than 30,000 bereaved children and young people through an array of dedicated services. These specialist support programmes include support following death as a result of accident, illness, homicide, suicide and military service.

Tenovus 'ManVan' to visit Cowbridge

THE Tenovus ManVan will be in Cowbridge on Friday, June 10, on the car park of the health centre at The Broadshoard, CF71 7DA (next to the leisure centre).

It is Wales' first dedicated mobile support service for men affected by prostate and testicular cancer, offering information, support and welfare rights advice.

All are welcome to drop in, but to make an appointment text MANVAN to 66777 or call the Tenovus Cancer Care free support line on 0808 808 1010.

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LAMBS SET OFF ON HISTORY OUTING TO CALDEY ISLAND!

ABOVE: The LAMBS group on their way to Caldey Island in Pembrokeshire, west Wales.

ON the morning of Monday, May 24, 12 adventurous members of the LAMBS local history group gathered on the South Beach at Tenby for a short sea crossing by motor launch to Caldey Island.

Once on the island, members arranged their own itineraries, but the most popular attractions proved to be services led by monks in St David's Church led by monks, the Old Priory and St Illtyd's Church, the 1829 lighthouse and the nearby chocolate factory.

The Old Priory and St Illtyd's Church are the oldest buildings on the island. The priory was home to Benedictine monks in the Middle Ages but it was abandoned during the dissolution of the monasteries (1536–1541). St Illtyd's Church, containing the famous 6th Century Ogham Stone, is still a consecrated Roman Catholic church.

The island is dominated architecturally by the immense 20th Century abbey that towers over the main village. The abbey was built by the Benedictines Order, which purchased the island in 1906. Financial difficulties forced them to sell in 1925 and the present monks are Cistercians, which are an offshoot of the Order of St Benedictine.

For many years through the 20th Century the Cistercian monks struggled to maintain their community by means of farming, but the development of a lavendar perfume industry and tourism have brought financial security.

The LAMBS group spent several hours on the island before returning to the mainland, from where they travelled on to the White Hart Inn in Llanddarrog – replete with its own microbrewery – for drinks and an evening meal.

Trevor and Jennie Morgan were thanked by the group for arranging a very enjoyable and highly informative visit to one of Wales' most historic and attractive islands. **MB**

Enterprising local youngsters raise valuable funds for Christian Aid Week

THE year-3 class at St David's C/W Primary, Colwinston, raised £130 for Christian Aid week by hosting a breakfast morning last Thursday. Parents, children and staff served up a hearty feast that included delights such as muffins, chocolate pancakes, toast, smoothies, sausage sandwiches and fruity wheat faces.

Children beavered away to serve the hungry visitors. The children had provided the food, having spent some time planning and preparing the event as part of a mini enterprise project.

There was a feeling of 'healthy competition' between the children, with each vying to make the most profit from their individual breakfast.

However, at the heart of the breakfast idea was the good the pupils were doing for needy children in developing countries such as Malawi.

Catrin (7), said: "It was not only good because we were helping others less fortunate than ourselves, we were having such good fun too and getting better in our Maths skills!"

Class teacher, Mrs Ellis, thanked the children for all their hard work and to the parents for their generous donations of food and money for such a worthwhile charity.

Chair of governors and church reader, Mrs Snowden, gratefully received the school's donation to Christian Aid, which will go towards protecting the victims of flooding in Malawi.

Shock as car lands on track

RESIDENTS on Dock View Road were shocked on Sunday evening after a car crashed through safety railings, down a steep bank, landing upside down on the railway track.

Emergency services were called to the scene at 6.46pm. The driver managed to get out of the car.

A South Wales Fire service spokesman said: "We attended the scene after a vehicle had reportedly gone through railings onto the railway track."

Local resident Barry Shaw expressed his shock.

He said: "The potential for a greater disaster is clear. This happened when trains were running.

"I'm not aware of any one being injured, but the car could have easily hit a train.

"I am grateful that Plaid Cymru councillors have raised the issue with the Highways Department. The public will want this matter fully investigated."

Welsh Ambulance reported no casualties.

Arriva Trains Wales said trains between Cardiff and Barry would be delayed by up to 45 minutes. Normal service was resumed later on Sunday evening.

Llancarfan School team are tag rugby champs!

Llancarfan Primary School Tag Rugby team won every match!

PUPILS from Llancarfan Primary School took part in the Cardiff Blues Tag Rugby Festival at Cardiff Arms Park on May 19, winning every match they played.

Class teacher and coach, Mrs Lee-Jones, along with the whole school, are proud of them for representing Llancarfan Primary School and playing so well.

Congratulations to them on their well-deserved success.

Special thanks to the parents and grandparents who gave up their time to transport the children to the event.

Chris Hughes,
Llancarfan Primary School.

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St Hilary WI holds AGM

THE annual meeting of the St Hilary WI was held on May 10 in the village hall.

The president, Betty Thomas, introduced the WI advisor, Jane Exell, who had been invited to oversee the annual meeting proceedings.

Reports were given by assistant secretary, Jo Williams and the treasurer, Jenny Hughes.

The president's report showed that the Institute had had a busy and successful year with many interesting speakers, even though it has now a rather small membership.

She also thanked the members of the outgoing committee.

It was decided that, as the resolutions had been fully discussed previously, it would not be necessary to spend more time in debate.

Both resolutions were passed unanimously. Jane Exell then addressed members.

She started by saying that being a rather diminished institute is not necessarily a drawback as small can be beautiful and friendship and support are both invaluable.

Jane told members that she was a new advisor and had just finished training, explaining what is involved in being an advisor, before complimenting St Hilary on their good organisation.

Jane also gave members details about Denman, the heart of the WI. Denman offers a wide variety of day and residential courses in cookery, craft and lifestyle and courses are mostly full.

Non-members and even men can go! Denman is a Grade II listed building and needs a great deal of maintenance. It is hoped that institutes will try to raise £10 for each member over two years (a modest 50p per meeting).

The official part of the meeting finished with the election of the new committee.

There was no change to the outgoing committee, except for the resignation of a very long serving member of the committee, Kay Heath, who feels that family commitments must take precedence. She will remain, however, a valued general member of the institute.

The evening concluded with a quiche and salad supper, provided by the committee. The next meeting will be held on June 14.

SD

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Blue skies, fun and great grub sum up Cowbridge Food Festival

PHOTOGRAPHS by GLYN EVANS

OTHER PICTURES ARE AVAILABLE FROM THIS EVENT.

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Telephone 07791 228684
www.ffotoimage.co.uk

WHETHER young or old, from near or far, there was something for everyone at this year's Cowbridge Food Festival.

Great food and good music tickled the tastebuds and aroused the senses as festival-goers basked under perfect bank-holiday skies.

Popular as ever were the have-a-go cooking sessions and demonstrations of how to prepare any dish from paella to pad thai and all things in between.

Children enjoyed the face painting while the young – and young-at-heart – cooled down with an ice cream.

Cowbridge Food and Drink Festival proves a huge draw over Bank Holiday weekend

Photographs by MIKE WILCOCK

AS you can see in Mike Wilcock's photographic record of Cowbridge Food and Drink Festival there were miles of smiles as people got the chance to meet up with friends and try wonderful food and drink from around Wales and beyond.

One of the most popular meeting places was the marquee at The Bear Hotel.

Elsewhere, people browsed the stalls, attended the demos, and sweltered in the sunshine!

LEFT: Cowbridge Food and Drink Festival is a great place to take a 'selfie'.

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Searching for fossils on Lavernock beach.

Rain did not halt play at the Vale Walking Festival!

DEFYING the rain, the Vale of Glamorgan Walking Festival had great success over the weekend, with enthusiastic support from nearly 300 people.

In spite of downpours, groups of up to 30 people, often accompanied by umbrellas, joined guided walks around the Vale, following over 90 miles of pathways.

Jane Hutt AM set a brisk pace at the inaugural walk on Barry Island, on Thursday morning, enjoying one of the weekend's bright spells.

"This year again, the most popular walks were those with a specialist guide or destination," said Valeways' chair, Phil Gibbins.

History was a favourite. Festival walkers scoured the beaches of Lavernock for geological traces; some scaled Llancarfan's ancient hill fort, and heard about its thousands of years of history, after detouring to see the village's medieval wallpaintings.

Others visited the ancient church of St Illtud and the sailors' church of St Donat. Wet wanderers in Cosmeston and Garnllwyd Woods had a chance to explore birds and wildlife.

"We like to say every trail tells a tale, and that was certainly true this year," said Phil – and there were unexpected surprises. Those trekking along Cardiff barrage had the thrill of the tall ship, *Stavros Niarchos*, breezing past.

And in a real highlight moment, people following in the footsteps of Welsh poet/politician Saunders Lewis in a special walk on Saturday, were amazed to be welcomed into his former Penarth house, muddy boots and all, to be shown his home and garden.

Throngs joined the Sunday afternoon walks, up the salmon leaps in Dinas Powys; and the Barry Island finale, the annual sun-downer.

Said Phil: "While the rain was bit of an unwelcome fellow traveller this year, we were delighted to attract many new people. We look forward to seeing a good number of them, again, over the summer months."

CAROLYN GULLY

Vale has lowest childhood obesity rate in Wales

HEALTH professionals in the Vale of Glamorgan have welcomed figures from Public Health Wales that indicate the region has the lowest child obesity rate in the country.

Statistics from the Child Measurement Programme for Wales 2014/15 suggest that 17 per cent of children in the Vale aged four and five are overweight or obese, compared to the Welsh average of 26.2 per cent.

Almost 30,000 children across Wales were weighed and measured for the survey, now in its fourth year.

Cardiff and Vale's public health team has long been delivering and supporting initiatives to combat childhood obesity.

Director of public health Sharon Hopkins said: "These figures are extremely encouraging and reflect the efforts of the Public Health team and its partners in the public and third sectors, which are working together to tackle childhood obesity."

A walk through the wild garlic woods

THE Gower peninsula is blessed with some outstanding garlic woodlands and for the eight walkers from Penarth and District Ramblers that joined Joy for a trip to south Gower a chance to enjoy four of them.

Woodland steps led up to an undulating pathway through wild garlic and native bluebells in woodland at Parkmill and climbing steeply by road festooned with Welsh poppies to Southgate, buttercup meadows led on to the coastal path for morning coffee in bright warm sunshine whilst gazing towards Oxwich Bay and Point.

Turning eastwards and passing Deep Slade and a pool containing hundreds of wriggling tadpoles, on their way to Pwlldu Head, the sharp descent at Graves End saw them overlooking a circle of limestone, a memorial to the naval vessel Caesar on press gang duties which was wrecked on the rocks in 1760. Although the officers and crew escaped, the men locked in the hold all perished and are buried nearby.

Descending to Pwlldu Bay and treading along muddy pathways through the glorious Bishopston Valley, the pungent smell of garlic-filled the nostrils, before a steep climb led to Kittle for a spot of lunch.

Then heading by road, field and charming sunken lane to Ilston, a chance to explore the 13th century St Illtyd's Church where the Baptist movement in Wales started. We continued over the stream through more garlic-filled woods in the very muddy Ilston Cwm.

Crossing fields to the quiet hamlet of Lunnon, a trek downhill through their last garlic wood led into a scrubby field for the short journey back to Parc le Breos followed by a well-earned cool drink in the Gower Inn.

On a lovely bright sunny evening, 10 walkers joined Jan and John at the Toby Inn on Port Road. Heading down the delightful Cwm-Ciddy Lane, they kept their ears open for the sound of a black dog howling, according to folklore.

Entering Porthkerry Park and climbing uphill through woodland adjoining the railway line and passing through a field of barley and then rapeseed, a descent led walkers to the Whitelands Brook.

With glorious views of the Porthkerry Viaduct, which at a height of 110 feet rather dominates the parkland, a steep climb up a sunken lane led to the green at Porthkerry village. The attractive whitewashed St Curig's Church with its lovely four-stepped preaching cross and a sundial set on a plinth made an attractive background for a short stop.

Descending gradually through woodland back into Porthkerry Park and crossing the pitch and putt course, a saunter through Knockmandown Wood and past Nightingale Cottage led onwards through the Millwood and back to the start via an urban area just as the sun was slowly sliding down in the west.

On June 4, meet 8.30am at Cogan Leisure Centre for an 11-mile/moderate/hard walk taking in Ysgyryd Fawr and Bryn Arw; contact Sylvia on 029 2070 8758.

On June 5, meet at 10am at Cogan for a six-mile moderate/hard walk taking in the canal, Pontypool Park and the Grotto; contact Jan/John on 01446 418514.

On June 9, meet at All Saints Church, Park Road, Barry when the evening ramble will leave at 7pm for Barry Island; contact Val W on 01446 734925.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, contact the walk leader for advice.

To follow the group log onto www.penarthramblers.wordpress.com or Facebook. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

JOY STRANGWARD

News from Friends of the Earth group

THE next meeting of Barry and Vale Friends of the Earth will be on Tuesday, June 14, not on the 7th as is usual.

Issues to be discussed include planning and the building of houses on green belts and greenfield sites.

Car parking requirements in new developments, such as the United Reform Church, will also be on the agenda.

Llandough village fete

LLANDOUGH Community Council will be holding its annual village fete on Saturday, June 11 at 2pm in King George V Memorial Playing Fields off Leckwith Road.

Stalls include Mario Morris children's entertainer, the Vale of Glamorgan Brass Band, the Ommadom Dance and Drums, martial arts and gymnastics display, bouncy castles, children's races and a pet competition.

*V*aleways learn the history of cemetery at Merthyr *Dyfan*

Coun Nic Hodges at Merthyr Dyfan Cemetery.

ON Sunday, May 22, for the first time the Valeways walking programme included a guided tour of Merthyr Dyfan Cemetery, in Barry, led by Coun Nic Hodges.

"We were lucky to have a sunny Sunday morning at the cemetery. It was a pleasure to lead the history-based tour," he reported.

"The group were so enthusiastic and asked loads of questions. I explained the importance of the cemetery in the history of the town. When the town's population exploded after the building of the docks, the existing churchyards were full. The town cemetery was created in 1889.

"The tour visited the resting places of some very interesting people and I shared a few tragic stories; such as Tilly, who lost her life waving a soldier off at Barry Dock train station in World War One. She fainted and fell underneath the train.

"We also visited the grave of the unknown sailor from the *Lusitani*".

SHOWCASING YOUTH EVENT IS PLANNED

'SHOWCASING the Youth' event is back for a second year. It will be take October 1 beginning at 12 noon, on the Eastern Promenade at Barry Island.

A spokeswoman explained: "The event brings together all the youth organisations in Barry, at an informative event for the community of Barry and its youth.

"We hope to use some of the beach huts and there will be many stands from different youth organisations, to include both able body and disabled opportunities that are available in Barry for the youth.

"We hope to have Barry Library there along with representatives from the Barry YMCA.

"There will be displays by swimmers, lifeguards, beach volleyball, dancing, singing, gymnastics, netball and many more.

"The Scouts, Cadets and Guides will be there, also the V-POD bus will be on site for the youth to visit."

Anyone interested in being part of Showcasing the Youth event in October should call 07716 792568 for further information.

Vale Jazz voted a 'big success'

THIS year's Vale Jazz festival has been hailed a success by the organisers, despite not having the same financial support as last year.

Around 14 acts played at various venues in and around Barry Island on the weekend, including Jack Blackman, The Derek Nash Quartet, and Max and Veronica from Italy.

One of the organisers, Coun Richard Bertin, said: "Despite a cut in funding support for our second year we still managed to pull off another successful event.

"The atmosphere was absolutely amazing and crowds filled the venues. We were really pleased that we could do it with the help of the Vale Council, Barry Town Council and many local businesses for which we are very grateful.

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LOCAL GOVERNMENT (DEMOCRACY) (WALES) ACT 2013
THE LOCAL AUTHORITIES (MODEL CODE OF CONDUCT) (WALES) (AMENDMENT) ORDER 2016

NOTICE is hereby given that the provisions of The Local Authorities (Model Code of Conduct) (Wales) (Amendment) Order 2016 have been incorporated within the Vale of Glamorgan Council's Members' Code of Conduct as contained within the Council's Constitution with effect from 27th April, 2016.

Copies of the revised Members' Code of Conduct are available for inspection by members of the public as follows:

- On the Vale of Glamorgan Council's website
- The Civic Offices, Holton Road, Barry, CF63 4RU during normal office hours.

Ms. D. Marles
Monitoring Officer
Vale of Glamorgan Council
Civic Offices
Holton Road
Barry
CF63 4RU

After the tumult of the hustings... NEW CHALLENGES AND OPPORTUNITIES AHEAD

I AM very honoured to have been re-elected to represent the Vale of Glamorgan as a result of the National Assembly for Wales elections on May 5.

Following the election, I was able to express my thanks in The GEM and pledge my support to everyone in the Vale that I will serve you as I have sought to do so over the past 17 years; responding to the needs of individuals, families, communities and businesses the length and breadth of the constituency.

I felt a very great personal responsibility in this election to show that Assembly Members can and should make a difference to people's lives and communities and that it was worthwhile to use your vote and hold that person to account – not just at election time, but throughout their time as their elected representative.

The 53 per cent turnout was better than previous elections which is encouraging and I was particularly delighted to meet young people who voted for the first time.

I was always determined to be positive throughout the campaign and deal with all questions, criticisms and feedback as openly as possible. I respect the people I represent and I learn from them on a daily basis – especially during the intensity of a campaign.

One of the groups I met was Citizens Cymru at St Helen's Church in Barry who gave me a 'Citizens' Commitment' to consider and discuss which I was very pleased to sign. They returned to meet me last week to follow up this commitment:

'To make Wales a Living Wage Economy,

To Keep a Welcome for Refugees in our Communities,

And to Ensure Dignity in Social Care.'

I pledged again to follow these commitments through locally and nationally and I welcome the opportunity to meet again to review the progress we have made on these commitments.

I have already said how important it is to

ASSEMBLY NOTES

by **Jane Hutt AM** (Minister for Finance)

be involved and follow through local issues, needs and campaigns and I have not stopped since the election on those key issues that concern us locally – like the proposed closure of the Barry Crown Post Office – the closing date for consultation June 7.

I held a public meeting on May 17 at the Memo and attended the PO public forum resulting in a strengthening of our case against closure with yet more evidence of how disastrous this will be for Barry – for people and businesses as well as the Post Office itself.

As well as following up ongoing issues such as the buses in Barry and Rhoose, the planning issues in Treoes, ongoing issues in St Athan regarding the water infrastructure, and progress with the Ogmore by Sea Village Hall Association, I have been closely involved in developments at BAMC and Aberthaw.

I was also particularly pleased to help facilitate a meeting at Brains with Scott Waddington and Gareth Johns, regarding future prospects for the Castle Pub Hub Community Interests Company with some positive progress achieved.

My first surgery a week after the election was very busy and daily contact with constituents results in new challenges, issues, needs and problems I am keen to help with. Alongside this, the positive impact in Barry and the Vale continues to come through as the benefits of Welsh Government, Vale Council and EU investment are recognised.

The start of the fifth Assembly was not without its challenges and I was quickly engaged in discussions and negotiations in the first 10 days to help us move forward, recognising shared priorities and developing working arrangements with Plaid Cymru leading to the successful nomination of Carwyn Jones AM as First Minister on Wednesday, May 18.

The First Minister proceeded to appoint his cabinet of Labour Ministers – of which I am privileged to be part – and included the appointment of the Welsh Liberal Democrat Kirsty Williams AM, as the Education Secretary.

Carwyn Jones made a statement on May 24 about all his cabinet appointments and I was humbled by his reference to my position: "*Jane Hutt today becomes the longest-serving Minister in the history of the institution, and she continues her outstanding record of public service as Leader of the House and Chief Whip*."

I am very honoured to be in that position and look forward to reflecting and reporting on the challenges ahead in my regular column for The GEM.

Young people learn all about their rights

CHILDREN and young people across the Vale have recently welcomed Vale Youth Service Rights Ambassadors to their schools and youth groups.

The trained volunteer ambassadors, aged 11 – 18, delivered workshops to school councils and classes in St Illtyd Primary; Llangan Primary; All Saints Primary; Sully Primary; and Victoria Primary School.

The ambassadors also delivered workshops at a Vale-wide secondary school council event and to two Duke of Edinburgh youth groups in Cowbridge.

This year, the Rights Ambassadors project, funded by the Vale of Glamorgan's Children and Young People's Partnership, has enabled 22 young people from across the county to complete an accredited Agored Cymru Unit on the UNCRC.

Additionally, qualified project workers from the youth service have worked with the young people to help them develop a series of workshops that they are delivering to children, young people and adults across the Vale.

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Top marks for Stagecoach in drama exams

Harry Williams, Bridgend, pictured with his brother Thomas (8) and fellow student Emillie (10).

STAGECOACH Theatre Arts is celebrating success, with excellent results achieved by students who recently entered the London Academy of Music and Dramatic Art (LAMDA) exams.

The students, aged from six to 16, entered the globally-recognised exams in 'Speaking of Verse and Prose' or 'Acting', and once again the school maintains its 100 per cent pass rate.

Six-year-old Harry Williams was the youngest student to take an exam, and passed the 'Introductory Stage 2' level with Distinction.

Sixteen-year-olds Llewelyn Brown and Oliver Bartlett both took the highest level Grade 8 'Solo Acting' exam. They have every reason to be celebrating as they both passed this gold medal grade with the highest mark of Distinction.

Llewelyn Brown lives in Wick and has been a student at Stagecoach Bridgend for 13 years. Oliver Bartlett lives in Barry and has been a student for 10 years.

Stagecoach principal Helene Reynolds commented: "We are delighted by our outstanding results, which reflect and reward the hard work, enthusiasm and talent of our students and tutors.

"The early grades are excellent confidence-builders and develop an ability to communicate through clear, expressive and natural speaking. The higher medal grades have the added benefit of giving students valuable UCAS points towards their university choice."

Congratulations to all the students on their success. For more information on Stagecoach schools in Bridgend, The Vale and Cardiff, call 01446 772727. **HR**

AMELIA TRUST GET A TICKET TO RIDE!

WE would like to say a massive thank you to Wickes Bridgend (manager Ross and his team) who have come up trumps for us yet again.

They kindly donated all the timber we needed to completely renovate a trailer that goes on the back of our tractor to give rides to the public. We raise money through rides at our family days and without this donation, we would not have been able to use it for our spring fayre on June 1.

They also donated a huge amount of paint last year for us, so we feel they deserve huge thanks.

Bev Nealon, Amelia Trust Farm.

Staff take part in Give & Gain Day

Council staff taking part in 'Give & Gain' Day at Ty Iolo Hostel.

ON Friday, May 20, employees from the Vale Council took part in Business in the Community's 'Give & Gain Day' in support of local causes.

Each year, Business in the Community and its members come together for Give & Gain Day to help create a better society. Give & Gain Day encourages volunteers to lend a helping hand to community organisations, social enterprises and schools.

In the Vale, council employees were involved in a range of activities. At Barry Community Garden, council employees built a fence, laid a new path to the shed and painted a potting shed and a fence surrounding a pond.

They also dug over the beds and vegetable plots, and carried out weeding while at Ty Iolo Hostel, shared areas received a fresh coat of paint.

The teams worked extremely hard and were very proud of the volume of work they achieved.

CELEBRATING THE LOCAL VOLUNTEERS

THE Cardiff and Vale University Health Board is appealing for members of the public to support Volunteers' Week, by joining its 600 volunteers who give their time, energy and expertise helping to care for people and keep people well.

"Over 21 million people volunteer in the UK at least once a year, which contributes an estimated £23.9bn to the economy," a spokesperson said.

"These volunteers are a shining example of how everyone can make a big difference to individuals and communities every day, from improving the environment we live in, and spending time with those who may otherwise be lonely, to contributing to a range of other essential services and support."

The 600 volunteers have been invited to a special 'thank you' event this Friday, June 3, at the University Hospital of Wales.

Anyone wishing to volunteer to help the charity could contact Michelle Fowler, volunteer service manager on 02921 847867.

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Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service Cardiff & surrounding areas and Welsh business owner Phil Powell agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

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There's nothing to see in this Looking Glass...

by GARETH JAMIESON
Follow Screen Talk on Twitter – @GEMScreenTalk

IF you were to look at all the films that have broken through the billion dollar barrier, one of the more surprising entries would be Tim Burton's *Alice In Wonderland*.

The average-at-best film was a gigantic hit, at least with audiences, and as is par for the course these days where successful films are concerned, a further outing for Alice and company was on the cards as soon as the box office receipts were in.

Alice Through The Looking Glass (directed by James Bobin, replacing Burton) sees a now-adult Alice (Mia Wasikowska) return to Underland, only to discover that things are going very wrong. The Mad Hatter (Johnny Depp) is sure his family survived the attack by the Jabberwocky, and his belief is slowly killing him.

Alice turns to Time (Sacha Baron Cohen) in order to find out what happened to the Hatter's family and if they are still alive, but despite being there is no chance, Alice embarks on a trip through time in order to save her beloved friend...

A sequel to a weak first film is in a strong position. After all, another poor film can be excused on the basis that it wasn't following anything special, while should it equal or supersede the original, then everyone's happy (including, for their sake, the money men at Disney).

Alice Through The Looking Glass, then, is on a hiding to nothing, but ultimately fails to be anything other than a pedestrian sequel to an average film.

With Tim Burton out of the director's chair and James Bobin (director of the successful Muppets reboot a few years ago) parachuted in, the film certainly doesn't lack in strong visuals, Bobin retaining Burton's kooky feel while giving the film an identity of its own.

Much like the first film, the look is the most enjoyable thing here, with the weird and wonderful denizens of Underland given a wonderful look that at times makes you overlook what is a convoluted and needlessly messy plot.

The time travel trope feels like little more than an excuse to revisit the characters at a younger age, and while there's some fun to be had in this, it finds itself slowly tangling itself up and making the story cluttered and fussy where it should be streamlined and flow easily.

Beneath this overly-complicated plot is a story that really has nothing to it – it's your basic quest film that has very little else to offer in terms of depth. There are little moments here and there (Alice's single-mindedness and desire to not conform to what society expects of her, the fractured relationship between the Hatter and his father) but nothing that stands out from the by-the-numbers narrative.

The performances are decent throughout, with Mia Wasikowska again shining brightest as the titular heroine. Older and more seasoned this time around, she offers the best performance, flitting between wide-eyed wonder and steely resolve effortlessly and at least rooting the film with a believable and likeable lead.

Johnny Depp's rather quite harrowing Hatter doesn't quite land like the actor wants, feeling less like a performance and more like a routine of peculiar tics and traits that don't quite gel.

There is some meat on the bones of his character within the plot, but Depp's love of playing up rather than down means he doesn't really connect.

While Helena Bonham Carter takes relish in her role as the Queen of Hearts, franchise newcomer Sacha Baron Cohen is good fun as time; with a German accent and a crush on the aforementioned queen.

Time is a fun and quietly enjoyable role for Baron Cohen who brings his usual zaniness to the character.

There are elements in this film that are pretty enjoyable, but there's nothing of any real substance, nothing that connects or makes you gape in wonder at what you see in front of you – *Alice Through The Looking Glass* is a pretty film to look at, but there's nothing underneath to really hold your attention.

VERDICT: Following from the underwhelming *Alice In Wonderland*, *Alice Through The Looking Glass* is neither a marked improvement nor a massive failure. Instead it's an overly-complicated film that has some pleasing elements but nothing to make it truly stand out from the crowd. *Poor*.

SEE THIS IF YOU LIKED: *The Muppets* (2011), *Alice In Wonderland* (2010).

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NOMINATIONS FOR TENOVUS CANCER CARE AWARDS OPEN!

TENOVUS Cancer Care, Wales' leading cancer charity, is encouraging members of the public who have been helped by volunteers from the organisation to nominate them for an award to celebrate their work.

There are five award categories, based on the values of Tenovus Cancer Care: Creative, Respectful, Bold, Supportive and Inspiring. Awards are also presented for Young Volunteer of the Year, a group award, and an overall award for Volunteer of the Year.

If there's a volunteer you admire for their commitment and dedication to Tenovus Cancer Care, you can nominate them for a Volunteer Award by visiting www.tenovuscancercare.org.uk or visiting your nearest Tenovus Cancer Care shop.

Katie Taylor, volunteer development manager at Tenovus Cancer Care, said; "These awards celebrate the amazing work being done day in, day out, by our volunteers across the country.

"It's our way of saying thank you for all their hard work; we simply couldn't help as many cancer patients and their loved ones without the support of our volunteers."

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Local businessman takes on five triathlons to help Cancer Research Wales

RIGHT: Derek Roberts with the Cancer Research Wales fundraising team.

A LOCAL former Serviceman recently completed a triathlon to raise money for Cancer Reseach wales – and has four more to go!

Derek Roberts now runs the Spektar private investiagetion company, but previously served for 22 years in the Welsh Guards.

He told The GEM: "I believe that after the generosity shown by the people of the Vale and Wales to our injured soldiers, it was time for me to help the people of Wales by committing to competing in the Cardiff Triathlon for Cancer Research Wales.

"Cancer will effect all of us one way or the other and the charity continuously needs our support to allow them to work towards finding a cure for this cruel disease.

"Since I registered for the race in Cardiff, which is on June 26, I have completed one triathlon in Llanelli (May 15) and signed up for another three, in Mumbles (June 18), Pencoed (July 3) and the Snowdon Triathlon (July 30).

"The events itself are a fantastic way of promoting the charity and also helps me in keeping fit and healthy, although I didn't feel like that the morning after the Llanelli race!"

Derek has a just giving page, with a target of collecting £800 for Cancer research Wales. If any readers would like to donate, visit http://www.justgiving.com/owner-email/pleasesponsor/Spektarsurveillance or by Just text Giving - Text SPDR71 with the amount you would like to donate to 70070.

For those who have lost a child

GEM reader KIM COOMBS from Barry, who sadly lost a child herself, has written this heartwarming poem in the hope it will help others in the same situation:

For those of us who've lost a child,
Mere words cannot express
The grief we feel, the empty void,
The hollow emptiness.
A part of us is missing
No words can explain
How will we ever cope
With the never ending pain?

It doesn't matter how they are taken
Whether accident, or foul play,
Perhaps it was an illness
Or decided to take their own way.
No matter what the reason
The loss we feel is just the same,
Will it ever end
This all consuming aching pain.

Why oh why, and ifs and buts
Thoughts spin in our head,
A never ending stream of questions
With no answers to be said.
We should have been there
We could have done something,
We should have talked more
We should have listened.

Don't cry for what is lost,
But smile for what was had;
Memories will help you thru
And for those you will be glad.
It will take time
And tears will flow,
But you will find
The right way to go.

In our darkest hours
And in deep despair,
We will find the strength
To speak of the loss we bear.
This will help the process
To heal our broken heart,
To think of our child
Without falling apart.

Hold on tight to those who love you
Keep them by your side;
You will need their support and comfort
On this emotional roller coaster ride.
We have to claw the long haul back
Finding strength in our pain,
Navigate the whirlpools of our mind
And find a way to live again.

Entries sought for business awards

APPLICATIONS for this year's South Wales Business Awards, organised by WS Marketing, are now being accepted.

The awards launched in 2008, champion the best in south Wales business. Last year's awards were attended by over 170 business leaders.

The 2016 awards will once again presented by one of Welsh television and radio's most popular presenters – Sara Edwards, at the Bear Hotel in Cowbridge on Friday, September 9.

The categories for this year's applications are:

- Young Entrepreneur of the year.
- Best New Start-up.
- Retail Business of the year.
- Tourism & Hospitality Business of the year.
- Female Entrepreneur of the year.
- Business Services business of the year.
- Technological & innovative business of the year.
- Contribution to South Wales Business (honorary award).
- South Wales Business of the year (drawn from winners of each category)

The founder of the South Wales Business Awards, Wesley Skene, said: "It is with great pride that we are once again bringing the South Wales Business Awards to the Welsh business community. Each year, Welsh businesses and their staff achieve some truly outstanding things, and its imperative that we recognise and encourage this."

The closing date for applications is Friday, July 22, with nominations announced on Wednesday, July 27. Full details of the awards and a downloadable application pack can be found at www.southwalesbusinessawards.co.uk

Ty Hafan lottery

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D933.

- **£2,000:** 650785.
- **The rollover, which now stands at £7,500, was not won this week.**
- **£10:** 791001, 507494, 796979, 482521, 106992, 819904, 132040, 706106, 864772, 490583, 171678, 833375, 641034, 290355, 162132, 145864, 791847, 257109, 426105.
- **£5:** 641120, 418280, 553414, 853136, 423437, 118736, 488726, 628019, 275614, 374116, 742750, 739099, 852776, 652541, 109948, 251163, 651596, 695690, 825638, 624439, 640672, 147240, 511152, 163968, 395166, 898827, 854253, 704748, 148459, 512322, 348894, 749425, 245077, 215923, 881170, 196013, 429264, 214251, 395838, 951965, 485615, 408582, 249633, 681922, 889727, 864071, 837538, 505367, 319354, 716489, 885878, 987989, 582648, 410727, 439721, 000795, 000664, 001015, 005599, 1984934, 005324.

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NGS gardens open

TWO local gardens, Y Bwythyn and Rhos Geler, will open to the public on Sunday, June 12 as part of the National Gardens Scheme.

The gardens feature a range of plants and themes from a traditional cottage garden to an Elizabethan-style knot garden and a Japanese influenced area.

Rhos Geler and Y Bwythyn are located at Corntown, Bridgend, CF35 5BB, opening information: Sunday, June 12 (from 11am to 4pm), combined admission £3.50, children free. Home made teas available.

Bordervale Plants in Cowbridge opens its doors on the NGS on selected Tuesdays from now until September.

It has a variety of landscapes, including woodland and a bog garden, mixed borders and a wildlife meadow.

Located at Sandy Lane, Cowbridge, CF71 7SX, it opens on Tuesdays (June 14, July 19, August 16 and September 6) from 10am to 5pm; admission £3, children free.

OPEN FARM
SUNDAY 5TH JUNE
Goldsland Farm, Wenvoe, Cardiff, CF5 6BE.
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We are throwing our gates open and inviting you in to meet us & our animals - cows, calves, sheep, lambs, chicken, chicks and pony!
Free activities for adults and children - tractor and trailer rides, farm tours, wildlife walks, sheep shearing, story telling, farm vet talks and much more!
We have stalls selling country goods and light refreshments. Bring a picnic if you wish. STRICTLY NO DOGS.

Valeways walks

ON Wednesday, June 1 at 10.30am, the Coffee Shop Strollers meet at Romilly Cafe, Cold Knap, Barry, CF62 6SW.

On Saturday, June 4 at 10am, 'Cliffs and Dunes' Ogmore seven-mile walk, starting at the Fox and Hounds car park, St Brides Major.

Mayor's coffee morning

THE Mayor of Cowbridge with Llanblethian Council, Coun Elizabeth George, is inviting local residents to join her for coffee/tea and cakes in the Mayor's Parlour, Cowbridge Town Hall, on Saturday, June 4 from 10.30am-12.30pm.

The event is in aid of her chosen charity, the Forget Me Not Chorus, which supports people with dementia and their families through the joy of song.

All are welcome.

Enfys craft fair

THE next Enfys craft fair will take place on Saturday (June 4) at St Ffransis Millennium Hall, Park Road, Barry from 10am – 4pm; admission free.

Last month's charity raffle raised £60 for Wales Air Ambulance; this month's charity is Guide Dogs for the Blind.

For more information, call Reg on 01446 792149, or Patricia on 01656 880784.

Councillors' surgery

INDEPENDENT Councillors Richard and Robert Bertin will be holding one of their regular advice surgeries on Saturday, June 4 at the Barry Library.

Residents are welcome to attend between 2pm and 3pm in the Community Rooms on the first floor.

No appointments are necessary. For further information contact Richard on 01446 736227.

Drumming workshop

ART4U will host a free African Drumming workshop on Saturday, June 4 between 11am – 1pm at the newly refurbished bandstand in Victoria Park, Cadoxton in Barry.

Come along and enjoy some drumming in the sun! All are welcome and there will be some drums available. For further information contact with www.art4uwales.org.uk.

Museum open

THE Barry Festival of Transport, including a display by the Red Arrows, is scheduled for June 12 on Barry Island.

Barry War Museum housed at the BI station, and will be open for the duration of the event and admission is free.

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ADVICE ON HAND AT CARERS' WEEK CAFE

MARIE CURIE will be hosting a bumper carers' café at its Penarth Hospice on Tuesday, June 7 to celebrate Carers' Week.

The café is held between 2pm and 4pm at the Marie Curie Hospice, Cardiff and Vale on the first and last Tuesday of every month. The June 7 café will see experts offering specialist advice to those who attend.

Among those due to attend are Gillian Lloyd from Lucas Law with advice about powers of attorney and wills, and Erin O'Neill offering help on benefits and finances.

Also present will be Anne Griffiths from Cardiff and the Vale Community Health Council, and Marie Curie nursing staff Sam Clements and Jan Palmer.

Sarah Johnson, who runs the cafés, said: "The Carers' Week café offers a one-stop shop for carers to access a variety of information all in one place. The café is a friendly, relaxed environment where you can come along and discuss your caring issues. If you can find the time we'd love for you to join us!"

The carers' café is part of the Marie Curie Caring for Carers project, funded by the Big Lottery Fund.

For more information about the carers' café, please contact Sarah Johnson on 02920 426000 or email sarah.johnson@mariecurie.org.uk.

Follow The GEM on Twitter - find us @gem_news

Make tracks to the Penarth toy and train sale

A COLLECTOR'S paradise reaches Penarth again shortly when a toy and train sale arrives at Penarth Leisure Centre at Cogan, between 10.30am and 3pm on Saturday, July 9.

This will be the third such event here this year. A further event is booked for Saturday, October 8 in the town and plans are already in hand for 2017.

Organiser Chris Dyer said: "We now offer more than 120 tables at the show, and these are operated by more than 50 traders from all over the UK.

"The sale is now firmly established on the national scene and traders travel from as far away as North Yorkshire and East Anglia as well as from closer to home, and it is always fully booked by stall-holders well in advance."

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CARERS WEEK 6th-12th June 2016

BUILDING CARER FRIENDLY COMMUNITIES

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www.llantwit-major-today.co.uk
www.bridgend-today.co.uk

Bluebird Care supports Carers' Week

BLUEBIRD CARE Cardiff South & The Vale support Carers' Week 2016, an annual campaign which takes place from June 6-12.

The week is supported and sponsored by many organisations, charitable and otherwise, including Carers UK, Age UK, Independent Age, Carers Trust, Macmillan Cancer Support and Sainsbury's.

This year, the focus of the campaign is to help build carer friendly communities, where carers will feel supported to look after their family or friends, and are recognised as individuals with needs of their own.

Huw Owen, director of Bluebird Care Cardiff South & The Vale, said:

"We are proud to promote Carers' Week to help raise awareness of the unpaid carers in our community and to help highlight the challenges that they face day in, day out.

"We hope that supporting this campaign will provide help to those caring in our local area, and make them aware of the support that is available to them."

Visit the Carers' Week website, to find out more about the campaign, and how you can get involved.

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New services in Barry for adults with learning disability

SEND is a new day service for adults with a learning disability that has recently opened in Barry.

Laura White, who started the provision, said: "I started SEND because I felt that there was a lack of provision for adults with a learning disability once they left college.

"Many families are given direct payments as a way of accessing services in the community, but I felt there was a lot of confusion over what they could access.

"Therefore, I wanted to simplify the process and offer a full day of provision (from 10am-3pm) with other adults, where they meet and learn new skills throughout the day.

"We have seen a vast improvement in our students' overall literacy, numeracy and social skills, which they so desperately miss once college has ended."

If you would like more information, contact Laura on 07861378311, or visit the website ***www.specialneedscardiff.co.uk.***

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at all levels
Games and prizes
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Places are limited but filling up fast! Don't miss out, call today!
Contact Laura White: 07861378311, Salem Baptist Church, Beryl Road, Barry
Email: laura@specialneedscardiff.co.uk
www.specialneedscardiff.co.uk

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Visit the Carers' Week website to find out more about the campaign and how you can get involved.

carers week 6-12 June 2016
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CARERS WEEK 6th-12th June 2016

BUILDING CARER FRIENDLY COMMUNITIES

How to plan for the future with Passmores

PASSMORES, one of Barry's most reputable and longstanding firms of solicitors, would like to encourage all people to plan ahead to avoid problems if they later lose mental capacity.

It means making a Lasting Power of Attorney (LPA) on the latest version of the forms. A Lasting Power of Attorney is a legal document that enables one person to make decisions on behalf of another.

There are two types of LPA: financial and welfare. Financial LPAs enable a person to act on behalf of another if, for example, they are ill or disabled and cannot act for themselves.

A welfare LPA enables a person to act on behalf of another if that person does not have the mental capacity to act for themselves, for example, in the case of a severe stroke.

Without an LPA, it may be necessary for family members to apply to the Court of Protection for authority. This can be a distressing and lengthy process and is far more expensive than making an LPA.

Once all parties have signed the LPA, they must then be registered with the Office of the Public Guardian before they can be used.

Carli Evans of Passmores Solicitors (member of Solicitors for the Elderly and also the Society of Trust and Estate Practitioners) is actively encouraging all people to plan ahead and make Lasting Powers of Attorneys.

*People wishing to discuss their requirements should contact Carli Evans to arrange a suitable no obligation appointment on **01446 721000** or by email **ce@passmores.com.***

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Can you imagine a situation where you or a member of your family is no longer able to make decisions? Frightening isn't it?

A Lasting Power of Attorney (LPA) is a legal document, that enables one person to make decisions on behalf of another.

Carli Evans, a member of Solicitors for the Elderly is inviting you to attend a no obligation appointment to find out more.

For more information please call:
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or by email ce@passmores.com.

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If you are caring for a parent, relative, friend or neighbour, it can be heartbreaking to see them lose their independence.

There are many items available to help people manage every day tasks independently as they get older, and these can be the first step towards making life easier.

If you would like to pop into our Ability Living and Mobility shop in Barry, you will find a friendly face to discuss your needs, or the needs of those you care for.

If we don't have the right gadget in stock, we may well find something in our suppliers' catalogues that we can order for you. ***We look forward to seeing you!***

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Celebrate the carers in your community

A TOTAL of 6.5 million people in the UK care, unpaid, for a disabled, older or ill family member or friend. While caring can be rewarding, without the right support it can also take a serious toll on a carer's health, relationships and finances.

That's why, this Carers' Week (June 6 – 12), we are asking individuals and communities up and down the UK to do what they can to make life that little bit easier for carers. Whoever you are, whatever you do, you can make a difference.

This year, we want to highlight the importance of Carer Friendly Communities – places where local people and services understand what it's like to be a carer and do what they can to make life a little bit easier for carers.

As such, we're asking people to visit the Carers' Week website to recommend organisations, services and employers who are carer-friendly, and to invite other organisations to use our checklist to commit to becoming carer-friendly.

Carers' Week is brought to life by the people and organisations who pledge their support, run events and activities, share information, and get the conversation about caring going on social media.

Visit the Carers' Week website to show your support, and to find out what events are happening in your area and all the ways you can take part: *www.carersweek.org*

Carers' Week is made possible by Carers UK joining forces with Age UK, Carers Trust, Independent Age, Macmillan Cancer Support, Motor Neurone Disease Association and MS Society.

Carers are the mainstay of our communities.

Let's make the most of Carers' Week to show carers just how much we recognise and value the vital contribution they make to our families, communities and wider society.

Emily Holzhausen,
(Carers' Week is from June 6 to June 12).

Help at Home

HAVE your personal circumstances recently changed, and do you find you are no longer able to keep on top of the housework?

Maybe finding personal care is not as easy now as it used to be? If so, then we can help!

April Complete Care Solutions are this year celebrating 20 years of proudly supplying local authorities and people in their own home with much-needed quality health care staff.

We have a team of very friendly and experienced staff who are ready, willing and able to help you.

*If you would like more information, email us at **info@aprilcare.co.uk** or call **01656 863963** for an informal chat with our very friendly manager, Vicky Richards.*

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AGOCC CSSIW INVESTORS IN PEOPLE

CARERS' WEEK 6TH-12TH JUNE 2016

The 2011 Census tells us there are 15,575 unpaid carers in the Vale caring for an ill, frail or disabled family member or friend.

These people are 'carers' but they would probably say "I'm just being a husband, a wife, a mum, a dad, a son, a daughter, a friend or a good neighbour."

Carers are people who provide or intend to provide care for an adult or a disabled child, whether or not the person cared for is receiving any social care services. The care they provide is unpaid.

People become carers under many different circumstances. For example you may be caring for someone born with a disability or who has had an accident that left them disabled; they may have an illness or disease. Their problems may be physical or mental. They might need help because they are getting older and frail.

If this sounds like your situation then you be

Monday 6th June, 11am
Parents Federation Carers Week Special
Meet for coffee at Gwalia Tea Rooms at the St Fagan's National History Museum, Cardiff. Open to Vale and Cardiff carers. (please ring 02920 565917 or email hasina@parentsfed.org for carers to confirm attendance)

Wednesday 8th June, 9.30-11.30am
Information Stand at Western Vale Family Practice. Vale's Carers Development Officer will be available in Reception area to provide carers' information.

Wednesday 8th June, 9am-12pm
Information Stand at the Information Centre at Llandough Hospital (with Bipolar UK)

Thursday 9th June, 10am- 12pm
Information Stand at Age Connects Senior Health Shop, 38 Holton Road Barry.

Thursday 9th June, 1.30pm–4pm
Information Stand at the Information Centre, Llandough Hospital – (including Marie Curie Carers Café at 1.30pm)

Friday 10th June, 10am-2pm
Drop-in session on manual handling equipment at Business Service Centre, Hood Road, Barry, CF62 5QN. Hosted by Elspeth Cameron (Vale's manual handling co-ordinator). Mobility equipment and living adaptations/aids will be on display.

WE LOOK FORWARD TO WELCOMING YOU!
FOR MORE INFORMATION, TELEPHONE 01446 704604 OR EMAIL CARERSSERVICES@VALEOFGLAMORGAN.GOV.UK
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International Glaucoma Association iga

ADVERTISEMENT FEATURE

NATIONAL GLAUCOMA AWARENESS WEEK June 6-12, 2016

WORLD GLAUCOMA WEEK AIMS FOR IMPROVED EYE HEALTH

WORLD Glaucoma Week (June 6-12) is organised by the World Glaucoma Association and World Glaucoma Patient Association.

Both the WGA and WGPA were created to minimise visual disability from glaucoma, and to improve the lives of glaucoma patients around the world.

The WGA works to optimise the quality of glaucoma science and care through communication and cooperation among national and regional glaucoma societies, with companies involved with glaucoma, glaucoma patient organisations and others in the glaucoma community.

The WGPA works globally to encourage the establishment of and cooperation among national glaucoma patient associations.

The group serves as an umbrella organisation to provide useful information to individuals, health care providers and support groups that are devoted to the fight against glaucoma.

For full details of previous activity, see the World Glaucoma Week Facebook page https://www.facebook.com/WGWeek/info?ref=page_internal.

'Early diagnosis is key' SAYS JONES & JONES

CHRONIC glaucoma affects two per cent of the population over the age of 40, increasing to over 10 per cent for those aged 75 or more.

There are about 500,000 people in Wales and England with glaucoma, and about 70 million worldwide, making it one of the leading causes of blindness.

Unfortunately, there are no symptoms until extensive irreversible damage to the optic nerve has occurred, resulting in unrecoverable vision loss, and it is estimated that up to 50 per cent of people with glaucoma are undiagnosed.

Frustratingly, needless blindness from glaucoma can be easily averted as it can often be treated with simple eye drops. The key to successful treatment is early diagnosis. To increase your chance of being diagnosed early, you should have a sight test at least every two years – or more frequently if you have a first degree relative with glaucoma.

There are three basic tests used to screen for glaucoma, and for some patients it may be available on the NHS; for others, there will be a charge.

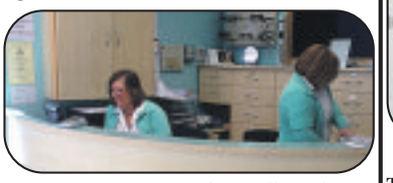
Even then, a basic sight test can often only detect glaucoma when substantial nerve damage has already occurred.

Fortunately, at Jones & Jones Optometrists, Dr Adrian Jones has a special interest in glaucoma and holds the College of Optometrists Higher Diploma in the diagnosis and management of glaucoma.

After spending almost a decade in specialist clinics at the University Hospital of Wales in Cardiff and Bristol Eye Hospital, he has a wealth of knowledge and clinical expertise.

Dr Jones is able to offer NICE-compliant glaucoma assessments and comprehensive ongoing aftercare.

If you are concerned about the possibility of glaucoma, please telephone 01446 400015 to book an appointment or visit our website at www.jonesandjones.org.uk.



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Welsh team triumphs at the British Medical Journal Awards 2016

Dr Orhan Uzun with his award.

THE Welsh Fetal Cardiovascular Network was crowned 'Cardiology Team of the Year' at The British Medical Journal (BMJ) Awards 2016 for improving detection of heart defects in unborn babies.

The BMJ Awards are the UK's premier medical awards programme, recognising and celebrating the inspirational work done by doctors and their teams.

This year's awards attracted more than 300 entries across 15 categories. The ceremony took place at the Westminster Park Plaza Hotel in London.

Dr Orhan Uzun was appointed consultant paediatric cardiologist at the University Hospital of Wales in 2001 and he soon realised that the antenatal detection of congenital heart defects was poor.

Dr Uzun said: "There was a lot of enthusiasm, but no leadership and no equity of access.

"People from different parts of the country were not getting the same quality of service. And I wasn't happy that some people had to travel for two hours to see me – two hours there, two hours back, it just wasn't fair."

He set out plans for a nationwide improvement through a network of centres, a complete team approach, and better training for the ultrasonographers.

"The training significantly increased confidence in techniques and diagnostic skills aided by local meetings and collaborative working," said Mrs Nerys Thomas, superintendent sonographer at UHW.

Dr Uzun visited every centre regularly, sitting behind sonographers as they worked to show them how to manipulate the probe to get the best view of the fetal heart. Regular audits were held to measure progress.

Dr Uzun said: "Before 2008, we were losing 10 per cent of the babies born with transposition of the great arteries, which was not acceptable. Since 2008 we haven't lost a single baby."

By 2010 Antenatal Screening Wales was able to introduce a new screening technique, the outflow tract view – the first of the UK nations to do so.

Detection rates of the principal heart abnormalities have increased dramatically, and Wales, once the laggard, has become the leader but Dr Uzun, however, is not resting on his laurels, arguing that there is still more to be done.

Dr Uzun explained: "As a team we, the Welsh Fetal Cardiovascular Network, has always had great enthusiasm to improve standards of care in pregnant women and in their unborn babies.

"We have been passionate about improving the quality of Fetal Cardiology Service that we have been providing. We all strive to make a difference in the lives of our future generations and their parents."

Nothing cosy about National Theatre Wales' choir drama

Gaynor Morgan Rees and Dafydd Hywel
Photo by Farrows Creative/National Theatre Wales.

Melanie Walters and Martin Masquez.
Photo by Farrows Creative/National Theatre Wales.

Review by PHILIP IRWIN

NATIONAL Theatre Wales' latest production is '*Before I Leave*', and it comes with a real buzz - inevitably linked to the renewed interest in choirs, courtesy of leaders such as Gareth Malone and Tim Rhys-Evans.

Written by Patrick Jones and directed by it tells the story of a choir made up of dementia and Alzheimer's patients, and their carers. Jones had the idea after spending time with one such choir, the Cwm Taf, which meets once a week in Merthyr Tydfil Rugby Club.

Patrick Jones' experience there prompted the following quote, which sets the bar rather high. He said: "I set out to write something which was really uplifting about the human spirit but that also showed the darker side."

Well, he didn't shy away from the darker side.

This production is a world away from those choir reality shows that are so popular. There is no story arc that shows them dealing with setbacks and then finishing with a grand triumph.

The storyline has the message that dementia is cruel, that every family member is affected, and that it will, inevitably, get worse.

There is an uplifting climax, but that is more to do with the survival of the human spirit, rather than winning a choral contest. There's plenty of comedy - mostly black - and 'Before I Leave' shares some themes with 'Pride' but it is a world away in terms of mood.

The music sets that mood. Scene changes are accompanied by recorded music, and it's angry, edgy songs that we hear. The Jam's 'Going Underground', the Sex Pistols, The Manic Street Preachers (who also wrote the title song for the show).

That song is sung by the onstage choir, and during the show we hear snippets, until it all comes together for the finale.

Patrick Jones is, of course, the brother of Nicky Wire, and the Manics have done more than knock off a quick tune. In many ways, their contribution brings so many themes together, and it's a great piece of music.

The songs sung by the choir are well chosen. Again, don't go expecting Welsh choral favourites. The songs are mostly modern, with 'You'll Never Walk Alone' probably the oldest. That song provides a tear-jerking moment. Calon Lan does make an appearance, but it's not sung by the choir.

Sometimes, songs can signpost a plot development, or emphasise a point the writer is making, but in this show they capture a mood. I loved the way the Queen/David Bowie hit 'Under Pressure' was used when the choir rebel against their conductor, with lyrics suddenly acquiring a meaning that they did not have in the original.

It seems a shame to leave the cast so late in the review, as there were some terrific performances. Dafydd Hywel has the showiest part as Rocky. He's a former miner, has the best singing voice and the funniest lines.

For much of the show he's at war with Evan, a former policeman, played powerfully by Desmond Barrit. They faced each other on the picket lines during the miners' strike, and it is only as Evan's condition deteriorates that Rocky can see him as a fellow human being.

Melanie Walters plays Dyanne, a rock chick whose husband Joe has early onset Alzheimers. He is only in his 50s, but he deteriorates quickly, and in her struggle to cope, she finds the strength to become the voice of the group.

Gaynor Morgan Rees, playing Marge is another powerful performance. Her character is a former amateur opera singer who has lost confidence in all aspects of her life, but the group's tribulations give her a new strength to find her voice again.

All this action takes place on a set that moves at high speed from people's living rooms to the library where the choir sing, and Anna Fleischle has done a brilliant job here, aided and abetted by Dick Straker's video backdrops.

At one point, we see the choir leave the Wales Millennium Centre by coach, after a memorable appearance on 'Britain's Got Talent', while the same backdrops flit between choral performances and scenes from the valley town where the action takes place.

Matthew Dunster's direction and Patrick Jones' script have fashioned a powerful evening that brings you face to face with a human tragedy. If you have ever snapped at an absent-minded parent then this show will make you feel a sense of shame.

My only quibble is this. Here in Wales, how long do we have to keep going back and re-fighting the miners' strike? It just about works here, as Rocky and Evan are the right age to have been involved, but there surely must come a time when Welsh writers examine present day Wales.

Lots of things outlive their usefulness, like VHS cassettes and Amstrad computers. Perhaps Wales could add Maggie Thatcher to that list.

Before I Leave is on at the Sherman Theatre, Cardiff, until June 11. More information on www.shermancymru.co.uk or 02920 646900 (box office).

NEWS IN BRIEF

Greenlinks transport

RESIDENTS who are disabled or who have difficulty in accessing public transport may find the Greenlinks Community Transport to be the answer.

Greenlinks offers door-to-door service and has four accessible mini-buses. It offers a weekly on-demand service on certain routes.

Come along on Tuesday, June 7 to Age Connects Senior Health from 10am to 12pm and find out how this service could help. Contact 01446 732385 for further information; no appointment needed.

Councillors' surgery

DYFAN Ward councillors Claire Curtis and Anthony Powell will hold their monthly councillors' surgery on Saturday, June 4 at the Colcot Community Centre on Keats Way, Barry from 10am to 11am.

No appointment is necessary; anyone unable to attend the surgery should email or telephone Claire or Anthony with any ward issues they may have.

FERGUSON TRACTOR CLUB IN DRIVE TO RAISE FUNDS FOR MACMILLAN

ONE of the UK's most prestigious tractor clubs has joined forces with Macmillan Cancer Support to raise funds to help support people affected by cancer.

The Ferguson Club will be 30 years old this year, which coincides with the celebration of 60 years of the FE35 Ferguson tractor, 70 years of the T.20 Ferguson tractor and 80 years of the Ferguson Brown tractor.

To mark these anniversaries, the Ferguson Club will be staging a nationwide 20-mile tractor run on Sunday, June 5.

Mr Basil George, of the Ferguson Club, explained: "This is the first event of its kind ever to be staged in the UK. The plan is that Ferguson area representatives and their local members will organise the tractor run within their own areas on June 5 starting at 10am.

"It promises to be quite a spectacle with as many as several hundred tractors taking part across the UK, even as far afield as the Isle of Sky."

Mr George, who is organising a run from his home village of Ogmore, added:

"We all know someone who has been affected by cancer; the work Macmillan does in our communities is second to none and this is our chance to make a real difference.

"At the Ferguson Club we have a great team of dedicated members and this is our opportunity to remember the name of Harry Ferguson and to raise vital funds for Macmillan Cancer Support."

The entry fee to take part in the Ferguson Club Nationwide Tractor Run for Macmillan is £10 per vehicle. Entry forms are available by visiting www.fergusonclub.com/news/ or by contacting Mr George on 01656 654440 or by email: basil@basilgeorge.com.

Sully Painting Group's annual art exhibition

SULLY painting group will hold its annual art exhibition in the Jubilee Hall, off Smithies Avenue, Sully on the following dates:

June 17, 6pm – 9pm; June 18, 10am to 7pm; June 19, 10am to 4pm.

The exhibition is to support two local charities – Ty Hafan Children's Hospice and Mental Health MIND.

Refreshments will be available, entrance is £1 per catalogue and raffle will be drawn on Sunday afternoon.

Follow The GEM on Twitter - find us ***@gem_news***

Tories choose former leader to fight ward seat

RHOOSE Conservatives have selected former Vale Council leader Gordon Kemp to fight the by-election on June 30, which has been called following the recent tragic death of Coun Philip Clarke.

Mr Kemp was previously one of the ward councillors between 1999 and 2012.

He commented: "I am pleased to have been selected, although it is regrettable that the by-election has had to be called in such sad circumstances. The late Coun Clarke was an active ward councillor and he will be missed by many."

Confirming the selection to branch members, Coun Jeff James said: "Gordon worked tirelessly and effectively for his constituents when he represented the ward between 1999 and 2012.

" I am certain that if he is elected he will once again be a strong voice for Rhoose ward."

GEM ADVERTISEMENT FEATURE

In Business Update

An expert's advice can avoid dispute

BRENDAN SWEENEY of David Prosser & Co Solicitors writes:

It is estimated that 60 per cent of the UK population do not have a Will.

A Will takes effect on your death and is an instruction as to what is to happen to your estate.

Probate disputes and challenges to Wills are becoming a growth area, which often leads to substantial costs.

We now live in a world where family relationships are often very complex and expert advice regarding the drafting of a Will is essential.

A professional advisor can also advise you in relation to inheritance tax and how you plan to minimise potential liabilities to inheritance tax

It is important when people make Wills that they are fully aware of their duties and financial responsibilities when they make a Will and ensure that they comply with the technicalities that are required to have a valid Will.

The cost of a professionally-drafted Will, after taking advice, is considerably less than the costs that can be incurred if there is a dispute regarding your financial affairs after your death.

Substantial costs can also be saved by taking professional advice early, and putting in place Powers of Attorney, whereby you appoint trusted people to make decisions about your property and financial affairs and health and welfare, if your lose capacity.

The people appointed are made fully aware of their rights and responsibilities.

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Winged Serpents and chilling sound of a phantom bell. at Flemingston...

THE small village of Flemingston is in the Vale of Glamorgan around three miles south of Cowbridge and 8½ miles north west of Barry, overlooking the valley of the River Thaw.

Other names that are known in connection with the village include Llanmihangel y Twyn, Treffelemin, Michaelston Le Mont, or Flimstone.

At its heart is the Grade II listed Church of St Michael the Archangel which was built upon 11th century foundations during the 14th century, although the majority of the church evolved in 19th. This stone structure has a slate roof and contains a monumental stone slab exhibiting the effigy of a 14th century lady whose name was possibly Elizabeth, who is thought to have been a member of the Fleming family.

The Fleming family originated with Sir John le Fleming who was granted the manor houses of St George, Flemingston, Wenvoe and Llanmaes. He was one of the 12 knights who came to the area with Robert Fitz Hamon during the time of William Rufus.

He married Amicia, who was the daughter of Baldwin Magnus, Lord of Whitney. By 1317 Flemingston was held by Philip le Fleming, and continued down the line of the family until William Fleming sold the estate to Lewis Thomas of Bettws as he failed to produce a male heir.

Further in time, the Wyndhams of Dunraven took hold of the estate. Much of the manor, now a farmhouse, were given a Grade II listing in 2002, including the detached kitchen, garden wall, house ruins as well as its farm buildings.

Its 19th century barn was listed in 2003, as it was detected that it had undergone 16th and 17th century renovations.

Gregory Farm (Yr Hen Ffern Dy) dates back to the 17th century, with extensions and refashioning occurring during both 18th and 19th centuries. This white rubble farmhouse was awarded Grade II listed status in 2007.

Other buildings and monuments of interest include the rectory in the northern part of the village which is surrounded by a wooded garden and Rose Cottage with its thatched roof and 'eyebrow' windows from 16th/17th centuries. Another Grade II listed monument is the telephone call box which sits north of the church.

Flemingston Court farmhouse dates back to the first half of 16th century and is Grade II listed. There are a few possibilities as to how it was used: a rectory, steward or farm manager's house. The remains of a castle at Flemingston Court, or Fort Manor, adjoin the churchyard, which was in Jacobean style and as it bordered the churchyard there is a memorial in dedication to Edward Williams (1745-1828) and his son Taliesin.

Edward was a famous writer known as Iolo Morganwg, as well as a stonemason and antiquarian who was born in the village. The memorial was erected by Caroline, Countess of Dunraven.

In 1811 Flemingston was described as the 100th of Cowbridge by author Nicholas Carlisle; but by 1870-72 it was declared as being within the boundaries of the county of Bridgend according to John Marius Wilson's Imperial Gazetteer of England and Wales; although today, it is back to its original county boundary.

Wales seems to be littered with tales of ghosts lurking in the background, and it would seem that Flemingston is no exception to this rule.

The legend of winged serpents circling the skies around the area is a tale passed down through time. A 19th century woman claimed that her grandfather had killed a winged serpent and kept its carcass as evidence. The corpse was then buried with him when he died. But is this just a tale of make-believe?

The shadowy phantom of a large dog has been identified prowling the grounds of the manor, before instantly vanishing like a silhouette in an instant. Could this menacing canine be a guard dog from an era now beyond our grasp?

The chilling sound of a phantom bell can be heard, bellowing out across the land from the churchyard, yet no human action of this kind is said to ever take place. Said to signify a death in the neighbourhood, could this macabre sound be a fable passed down through the depths of time by idle gossips?

Flemingston's marshy land from the River Thaw holds a secret tale of a legendary water horse that helped an old man cross the marshland during a horrendous storm. Within hours of this animal appearing, the marsh seems to flood by an imaginary freak tide, frightening people for no valid reason.

But why would a spiritual entity want to prey on innocent victims by portraying fairytale incidents from a world beyond their understanding? Fact or Fiction? Only you can decide...

HAYLEY WILLIAMS

MENTER IAITH BRO MORGANNWG

MYND AM DRO I'R FRO GYDA DAI LINGUAL...

i'r Fenni!

GYDA dyfodiad yr Eisteddfod Genedlaethol i ardal Y Fenni yn Ne-Ddwyrain Cymru eleni, mae Dai Lingual wedi bod draw am dro ychydig yn agosach i'r ffin...

Roedd hi'n dros gan mlynedd yn ôl y tro diwethaf i Eisteddfod Genedlaethol Cymru ymweld â'r Fenni yn 1913, a chyn hynny bu'r ardal yn allweddol yn sefydlu'r traddodiad o'r Eisteddfod yn ystod helbul y 19eg ganrif. Mae gen i ddiddordeb arbennig yn hanes y Fenni eleni gan fod gan fy nheulu gysylltiadau cryf yn yr ardal; Tre – neu lecyn - y Coed yw'r Goetre ble mae tafarn pentref Penperlleni dal i gadw'r enw hynafol yna: yn ddigon tebyg i dafarn y Rhydypennau yn Bow St o ran meddu ar enw gwahanol i'w lleoliad!

Ceir nifer o enwau difyr yn yr ardal sydd yn haeddu esboniad pellach – credir y daw'r enw Skirrid er enghraifft nid o'r Saesneg ond o'r enw Gymraeg, yr Ysgyryd. Dwn i ddim os yw dyfalu beth yw ystyr Ysgyryd yn dal i fod yn gêm boblogaidd ar yr aelwyd yn ardal y Fenni ond mi ddaeth 'Skirrid' yn gêm fwrdd go boblogaidd ar ein haelwyd ni gan fod un o dylwyth yr ardal yn ennill bywoliaeth fel dyfeisiwr gemau. A beth am leoliad yr Arth Wen ar ochr draw'r dre – a oedd eirth o'r fath yn crwydro'r ardal erioed? I newid ar ymadrodd y Sais, "bear with me"...mae hi eisoes yn hysbys nad oes yna ben-gwyn-iaid i'r Gogledd o'r Fro ond tybed ai'r Fenni oedd y ffin i'r arth wen yn Oes yr Iâ felly?

Os am fynd am dro i Lanofer, pentref pwysig iawn yn hanes gwerinol ein gwlad, gallwch gerdded ar hyd y gamlas o'r Fenni. A thua cyfeiriad Pont-y-pŵl, dwi yn poeni braidd nad oes gen i esboniad da am darddiad yr enw Mamhilad, buasai unrhyw gynigion yn cael eu croesawu!

Credir gan rai mai olrhain Rhufeinig sydd gan enw'r Fenni ei hun, ond pwy oedd yna cyn hynny dwedwch? Y Celtiaid; ac mae atgofion storiâu'r hen Gymry yn dal i fyw yn y fro honno – yn wir mae'n bur bosib enwyd yr afon ac felly'r dref ar ôl y Duw Celtaidd "Gobannos" – sy'n gyfarwydd i ni hefyd fel Gobannon mab Dôn yn stori 'Culwch ac Olwen' - ac mai dyna hanes enw caer y Rhufeiniaid eu hunain a chymrodd pryd crewyr y chwedl 'Gateway to Wales' - a'r enw hanesyddol i'r afon sy'n llifo'n lleol sef Gafenni; neu'r Fenni. Yndw, nawr dwi wedi benni!

Fe fydd hanesion o ardal y Fenni yn cael eu hadrodd mewn rhagolwg arbennig i Eisteddfod y Fenni ar BBC Radio Cymru. Dilynwch yr hashnod #EleniYnYFenni neu os am ymuno â'r daith cerdded arbennig o Goetre i'r Fenni ar Ddydd Sadwrn 25ain o Fehefin cysylltwch david.wyn@dailingual.cymru

LANSIO GŴYL FACH Y FRO 2016!

Roedd Menter Bro Morgannwg yn falch i gyhoeddi wythnos diwethaf y bydd Gŵyl Fach y Fro yn dychwelyd unwaith eto i Ynys y Barri, ar ddydd Sadwrn Mehefin 18fed.

Gyda bandiau byw, perfformiadau gan ddisgyblion lleol, adloniant stryd, stondinau crefftau, bwyd a diod, gweithdai syrcas, celf a chrefft a chwaraeon a gweithgareddau i ddysgwyr – bydd rhywbeth at ddant pawb!

CYFLE I WIRFODDOLI

Rydym yn chwilio am unigolion brwdfrydig a chyfeillgar i wirfoddoli yn Gŵyl Fach y Fro eleni. Prif rôl y gwirfoddolwyr bydd bod yn bwynt cyswllt i'r cyhoedd - dyma gyfle gwych i fod yn rhan o'r ŵyl gyffrous hon!

Os oes gennych ddiddordeb, cysylltwch â Ffion: ffion@menterbromorgannwg.cymru / 029 20689888

O'r Fro i'r Fflint

AMDANI gyfeillion, gyd-Gymry, gyd-eisteddfotwyr - cefnogwch Eisteddfod yr Urdd 2016!

Fel un sydd wedi mwynhau mynychu a chystadlu yn Eisteddfod yr Urdd am flynyddoedd, rwy'n eich annog i deithio i'r Fflint eleni! 4 awr o daith yn unig yw'r siwrne!

Cyngherddau! Gwersylla! Cerddoriaeth! Cystadlu! Coroni! Gwyddonle….. a gig i gloi'r Eisteddfod eleni! Mae yna ddigon felly i ddiddanu cynulleidfaoedd o bob oedran.

Pob lwc i bawb sydd yn cynrychioli'r Fro yn yr Eisteddfod eleni. Wedi dweud hynny, nid y cystadlu yn unig sy'n bwysig ond yr achlysur a'r cyfle i ddod ynghyd i hyrwyddo a dathlu'r iaith. Mae dysgu ennill a cholli yn rhan hanfodol o brofiadau plant hefyd, ac mae pob aelod o'r Urdd wedi derbyn un cam o leiaf yn eu bywydau. Nid esgus i bwdu neu siomi yw cael cam, yn enwedig wedi i chi gyrraedd y Genedlaethol! Yn hytrach, ymffrostiwch eich bod wedi llwyddo i gynrychioli eich ysgol, adran neu aelwyd ar y safon uchel yma! Mae casglu'r freebies yn bwysig hefyd! Ble arall mae modd llenwi eich cas pensiliau ar gyfer y flwyddyn academaidd nesaf?

A ddylai'r ŵyl deithio yn flynyddol? Rwy'n siŵr y bydd y cwestiwn hwn yn cael ei ofyn eleni eto. Rwy'n unfryd fy marn mai gŵyl deithio yw'r Eisteddfod - cyfle i adael gwaddol Cymreig ar drefi a dinasoedd ym mhob cwr o Gymru! Ydy, mae'n gallu bod yn boen ac yn ddrud i deithio mor bell, ac yn straen ychwanegol i athrawon ac ysgolion ond mae'r profiad yn un unigryw a phwysig i genhadaeth y Gymraeg ymysg pobl ifanc. Fe ddaw'r ŵyl yn ôl i'r Fro cyn hir rwy'n siwr, a byddwn yn disgwyl i bobl deithio yr adeg honno. Dyma un o ŵyliau ieuenctid mwyaf Ewrop ac mae dyfodol yr Urdd a'r iaith yn ddibynnol ar ein cymhelliant a'n awydd i'w fynychu! Hen ŵyl ddiflas yw un sydd yn mynnu aros yn yr un lle yn flynyddol, siawns?

Yn ola'f– pa dref yn Sir y Fflint yw'r lleiaf ym Mhrydain, yn ol y Guinness World of Records? Bydd rhaid i chi fynychu'r ŵyl i wybod yr ateb!

Cynhelir Eisteddfod yr Urdd 2016 rhwng Mai 30ain – 4ydd o Fehefin.

JACOB DAFYDD ELLIS
@JacobDEllis

SÊR EIRY ALBAN HEFIN

DYMA'R hen enw ar ddiwrnod hira'r flwyddyn – ysytyr 'alban' yw'r pwynt uchaf, ac mae 'hefin' yr un gair â 'haf'. (Ystyr Mehefin – yw canol haf).

Ystyr y gair Saesneg 'solstice' yw 'yr haul yn sefyll yn llonydd'; ac mi fydd e am rai dyddiau cyn troi yn ol tua'r gaeaf.

Mae hwn yn ddyddiad pwysig iawn yn astrolegol – pan fo'r haul yn oedi dros drofan Cancer a symud i arwydd Cancer. Eleni bydd hyn yn digwydd am 22.34 ar Fehefin 20fed.

Os cawsog eich geni ar yr 20fed neu'r 21ain o Fehefin mae pethau mawr yn eich aros mewn bywyd. Mae gyda chi'r nerth i wynebu pob math o anhawnsterau, a'u gorchfygu. Mae'r dyddiad hwn hefyd yn argoeli'n dda i bawb sydd am wneud rhywbeth pwysig neu dyngedfennol ar y diwrnod.

Bu'r dyddiad yn bwysig ers bore oes. Ers canrifoedd mae dynion wedi edrych i fyny at yr haul a'r lloer a'r sêr am arweiniad, ysytriwch fel yr adeiladwyd Côr y Cewri (Stonehenge) i sicrhau fod yr haul yn codi rhwng y ddwy garreg fawr yng nghanol y cylch ar adeg Alban Hefin a tharo'r 'heel stone' (yr un gair â 'haul'), a nid dyma'r unig feini o'r oes gerrig lle mae hyn yn digwydd.

Roedd Hirddydd Haf, Gwyl Ifan (dethlwyd diwrnod Ioan Fedyddiwr ar Fehefin 24ain) yn bwysig iawn i'r hen Gymry. Amser i ddathlu fod y cnydau'n tyfu, i ladd gwair ac i fwynhau addewid yr haf. Codwyd y fedwen

haf ar noswyl Gwyl Ifan a dawnsio o'i hamgylch am 9 diwrnod.

Arferid cynnau coelcerthi hefyd a syllu i'r fflamau i gael gwybod eich ffortiwn a phwy fyddech chi'n ei briodi.

Yr enw ar St John's Wort (sy'n adnabyddus erbyn hyn fel llysieuyn meddyginiaethol) yw Llys Ioan ac fe'i rhoddwyd uwchben y drws i ddanfon ysbrydion drwg i ffwrdd, oherwydd ystyriwyd noswyl Gwyl Ifan yn 'ysbrydnos', sef noson pan fyddai'r ysbrydion ar gerdded.

EIRY PALFREY

Cerdded a Chymdeithasu gyda Chymry Cymraeg

HEN EGLWYSI GAN VALEWAYS

Roedd yr haul yn gwenu ym Montfaen a thaith estynedig gan Valeways ymlaen i ymweld â hen eglwysi'r ardal.

Daeth blodau'r gwanwyn allan i'n croesawu tra'n cerdded yng ngwyrddni'r coed. Briallu ym mhobman yn ein hatgoffa o Iolo Morganwg. Clychau'r gog yn ffurfio lluoedd o hedd yn eu hiwnifforms gleision. Clywyd sain hudolus yr adar. Dim telor y cnau, y tro hwn, ond yn eu plith roedd siff-saff yn trydar. Clywodd yr adar, yn eu tro, ambell air hudolus o Gymraeg. A ninnau'n gwenlasu.

Dechreuasid y daith yn Eglwys y Groes Sanctaidd gyda ei thŵr trawiadol, cyn symud ymlaen i'r caeau a'r coed. Syndod i lawer oedd Eglwys Brynach Sant. Mae hi'n hynod o ddiddorol. Bron heb ei newid ers i'r Pla lladd trigolion Llanfrynach, mae camfeydd arch yn arwain yna o Gastell Penllyn. Pentre pert yw Llanblethian ac yn yr eglwys yna, a oedd yr olaf o'n tair eglwys, cawsom gyngerdd annisgwyl gan organydd a wnaeth lenwi'r adeilad a'n heneidiau.

Roedd tair awr wedi hedfan a'r criw o gerddwyr yn cynnig cwmni mor ddiddorol, penderfynwyd mynd am banaid yn yr Arth. Gwnaeth y sgwrs yn parhau.

Blas bach o'r gorau sydd yn cuddio ym Mro Morgannwg oedd y prynhawn yna gyda'r cyfle i weld hen ffrindiau a chwrdd â phobl newydd. Am groeso'n ôl i Gymru! Diolch i'n harweinydd, Ruth, am drefnu'r daith.

Ydych chi am gerdded yng nghwmni Cymry Cymraeg? Darganfod cyfrinachau'r Fro? Cael tipyn o ymarfer corff yn yr awyr iach? Bydd croeso cynnes i'r rheiny sydd ar daith iaith, ar y ffordd i ddod yn Gymry Cymraeg. Mae popeth yn cael ei esboniо'n ddwyieithog ac mae cyfle nid dim ond i sgwrsio gyda Chymry Cymraeg go iawn, ond i wrando arnyn nhw er mwyn gwella'ch acen a geirfa. Ydych chi'n poeni am y pellter? neu am y camfeydd? Peidiwch! Cynhelir teithiau "Crwydro" yn gyson, yn cynnwys awr o gerdded yn araf iawn (dim bryniau o gwbl!) dilynwyd gan goffi a chlonc. Am fanylion, cysylltwch â Ruth 07800969157 neu ewch at www.valeways.org.uk. Dewch yn llu!

KAY HOLDER

Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk

• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

'Opportunity missed for honest debate on Europe'

I WOULD like to compliment Mr Sanders for his detailed letter last week regarding the EU referendum debate, as it also echoes my frustrations with political spin that is currently being peddled by our senior politicians, Government departments, financial institutions, and business leaders.

It seems that every time I sit down to watch the news, a new fear factor is being announced, should we ever contemplate leaving the EU. But I'm not worried because I already have plans for an air raid shelter in the back garden for the forthcoming war, my kids already take all my money, so they will be £220 worse off per year and not me, and we have been through so many recessions while under the EU, another one will not make any difference if we leave!

Next month, the British voting public has been asked to decide on whether it wishes this country to leave or remain in the European Union. Given the right information and an open debate, we are more than capable of making the correct choice.

However, we all know that this will not happen and hence the current political pantomime that is being played out in front of us all. I feel that at the start of the referendum, our Prime Minister should have taken a neutral position in order to chair the whole process, to ensure that we received the best available information and informed debate, to help us all to make this very important decision.

After all, he is our lead politician, who represents us all and there are more than enough senior politicians to take his place in the Remain campaign.

Sadly, this is not the case and politics is politics, but could you imagine if he had remained neutral and championed a fair debate, just like the BBC?

We could have had an honest brief from the leaders of MI5, MI6, military and police leaders on the security issues surrounding the leave or remain choices. They could have given their candid advice on whether it is sensible for the expanding EU to still try and remove the Ukraine from the Russian sphere of influence and its possible military consequences with Mr Putin's forces, which to me is a real fear factor.

So we are left to guess whether if by leaving the EU, we will be more secure and can reduce the need for our police to carry out terrorist attack exercises in our shopping centres, as recently practised in Manchester.

Just like his cabinet, he could have given the executives of our health services, education establishments and other tax-funded social services a free hand to explain the main reasons for why they are so overloaded.

Would it have anything to do with the flood of EU citizens into our country and the extra 1.5 million which our Government only recently discovered?

So we are left to wonder if anyone is in control of our population size. Has the Government actually done any resource planning, or are they just leaving it to chance and crossing their fingers and hoping that these key institutions don't collapse.

Instead of deriding a world renowned Cardiff University professor of applied economics, who believes that we will be better off, in the long run, by leaving the EU, our Prime Minister could have chaired our professor, in an open debate, with the Chancellor or head of the treasury, and allow us to judge who had the stronger economic case.

But politics isn't that sensible and the pantomime must continue. So some of us will be left in fear, as we are told that economic models show we will take a personal financial hit, if we leave.

But others sensibly ignore their results, as they do not believe in the assumptions that are programmed into such models.

As for me, being in the EU has given us an awful £32 billion balance of payments deficit and on recently hearing that the majority of jobs created in this country now go to other EU citizens and not our own kids, I am with the professor, who is an independent voice.

GEM reader Ian Williams,
St Athan village.

'We can't separate UK from world's problems'

THE present stance of Brexit, even if one accepts much of the strange optimism of those who propose it, must be the most extreme example of isolationism in 100 years.

Even if we all accept that Britain will be OK outside the EU, just to please these intellectual giants, there is no kind of evidence that international problems which face all nations will disappear. Brexit enthusiasts never even discuss the matter; get Britain out of the EU, is as far as their minds go.

Separating Britain off from the tensions of other countries, which threaten all of us, is no attempt to engage in reality. There is not another planet to retreat to.

The problems of Syria, Libya, Ukraine do not disappear if we leave the EU, although that is the only basis of much Brexit support, the hope that we will no longer be involved in wider international issues.

Isolationism is the action of the ostrich, sticking its head in the sand, and that does not supply the most reliable view of the future. That is dangerous, since only international, collective action can safeguard any of us.

C N Westerman,
Brynna.

CYNGOR BRO MORGANNWG 2016

GORCHYMYN (GORFODI SIFIL) (DIWYGIO) (MANNAU PARCIO ODDI AR Y STRYD)

1. HYSBYSIR trwy hyn fod Cyngor Bro Morgannwg, gan arfer ei bwerau o dan adrannau 32, 33 a 35 a Rhan IV Atodlen 9 Deddf Rheoleiddio Traffig y Ffyrdd 1984, a Rhan 6 Deddf Rheoli Traffig 2004, a phob pŵer galluogi arall, yn bwriadu gwneud Gorchymyn. Effaith y gorchymyn hwnnw fydd newid taliadau parcio yn y mannau a nodwyd yn yr Atodlen isod.

2. Bydd y taliadau diwygiedig hyn yn dod i rym o Ddydd Llyn 27 Mehefin 2016 ymlaen.

Bydd y Gorchmynion Rheoleiddio Traffig canlynol, sef:

Gorchymyn (Gorfodi Sifil) (Diwygio) (Mannau Parcio oddi ar y Stryd) Cyngor Bro Morgannwg 2015

yn cael eu diwygio fel y canlyn.

ATODLEN

Taliadau a Rheolau Gorfodi arfaethedig ar gyfer meysydd parciot

Enw'r maes parcio	*Graddfa daliadau ar gyfer y maes parcio (2015/2016)*	*Graddfa daliadau ar gyfer y maes parcio (2016/2017)*
Rivermouth, Abergwr	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 2.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-7 awr £ 2.00 Bysiau/Coetsis £ 5.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM

Enw'r maes parcio	*Graddfa daliadau ar gyfer y maes parcio (2015/2016)*	*Graddfa daliadau ar gyfer y maes parcio (2016/2017)*
Brig-y-Don, Aberogwr	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 2.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-7 awr £ 2.00 Bysiau/Coetsis £ 5.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM

Enw'r maes parcio	*Graddfa daliadau ar gyfer y maes parcio (2015/2016)*	*Graddfa daliadau ar gyfer y maes parcio (2016/2017)*
Cymlau, Suherndown	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm**	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm**

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Enw'r maes parcio	*Graddfa daliadau ar gyfer y maes parcio (2015/2016)*	*Graddfa daliadau ar gyfer y maes parcio (2016/2017)*
Heol yr Harbwr, Ynys Y Barri	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 2.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **1 Hydref – 14 Mawrth** Ni chodir unrhyw dâl	**15 Mawrth – 30 Medi** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-7 awr £ 2.00 Bysiau/Coetsis £ 5.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **1 Hydref – 14 Mawrth** **Am docynnau a brynir rhwng 8.00am ac 11.00pm** 0-1 awr £ 0.50 Dros 1 awr £ 2.50 Bysiau/Coetsis £ 5.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM

Enw'r maes parcio	*Graddfa daliadau ar gyfer y maes parcio (2015/2016)*	*Graddfa daliadau ar gyfer y maes parcio (2016/2017)*
Nell's Point, Ynys Y Barri	**Ar hyd y flwyddyn** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 2.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **1 Hydref – 14 Mawrth** Ni chodir unrhyw dâl	**15 Mawrth – 30 Medi** **Am docynnau a brynir rhwng 8.00am ac 4.00pm** 0-1 awr £ 1.00 Dros 1 awr £ 5.00 Bysiau/Coetsis £10.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **Am docynnau a brynir rhwng 4.01pm ac 11.00pm** 0-7 awr £ 2.00 Bysiau/Coetsis £ 5.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM **1 Hydref – 14 Mawrth** **Am docynnau a brynir rhwng 8.00am ac 11.00pm** 0-1 awr £ 0.50 Dros 1 awr £ 2.50 Bysiau/Coetsis £ 5.00 Deiliaid bathodyn parcio I bobl anabl AM DDIM Beiciau Modur Dwy Olwyn AM DDIM

Dyddiedig 2 Mehefin 2016

M. E. Punter, Cyfarwyddwr Gwasanaethau'r Amgylchedd a Thai, Cyngor Bro Morgannwg, Canolfan yr Alpau, Gwenfô. CF5 6AA.

'Cost of living fear if we exit Europe'

IN OR OUT?

HAVING spent a lifetime with a keen interest in modern history, politics and economics, my vote will go to remaining in the EU if only for the simple reasoning of the old adage – when in doubt, always go for 'the devil you know'.

Claims from those on both sides of the argument leave a lot to be desired; however, unlike your correspondent of last week whose decision appeared to be based on a whole raft of names and claims, I place my judgement more on the credibility and character of individuals.

As such, I put forward four names whose credulity and rantings are probably the best reasoning for staying in the EU!

1. Boris Johnson – a political opportunist, whose opinions on the EU have been reviled by his own family. I would suggest checking his opinions of some eight years ago, when they were in direct contrast to those at present. He seeks nothing more than being the champion of the Euro-sceptics in the Conservative party, who are causing a far more toxic split in the party than anything the media continue to direct at Labour.

As the campaign rolls on to June 23, take note of the increase in volume of the buffoonery of Boris.

2. Ian Duncan Smith – until quite recently, here was someone who spent almost six years in making the lives of the disabled and poorest in our society nothing more than abject misery with welfare cuts and the 'bedroom tax'. Then came a 'road to Damascus'-like conversion of astounding proportions, when suddenly claiming to be a supporter of the 'have-nots' in stating 'they' will be worse off if we remain in Europe! Such hypocrisy can only emanate from one political party!

3. Michael Gove – the so-called 'brains of Brexit'. Another political opportunist whose career started as a Labour supporter and protester, before 'jumping ship'.

Already the holder of four cabinet positions (and a failure in all) regardless of the outcome of June 23, will probably be shown the door by "Call me Dave".

4. Norman (now Lord) Lamont – last week brought into action for Brexit; a former Chancellor of the Exchequer.

Many of you with above average memories will recall his exploits of the early 1990s when, transfixed like a rabbit in the headlights, he did nothing during the 'black' week for financial institutions, with the devastating run on sterling.

He was widely blamed for the cost of living soaring to over 15 per cent during that week. His tenure of office did not break any records.

The cost of living is something that has not been overly discussed during this campaign and is a worry to me – I fear a considerable rise should we leave the EU.

Consider this, Norway, Monaco, Switzerland – not in the EU, and with possibly the highest cost of living on the continent and certainly not in the top choice of holiday destinations for your average Brit.

One final word – whatever the outcome of June 23, Great Britain will never be worthy of being called the United Kingdom again!

Colin M James, Barry.

'Why I am voting to get out of Europe'

I DO not personally agree with everything said by the politicians and pro-EU pundits or experts.

Likewise, I do not agree with everything that is said by the Brexit campaigners – but on balance, I feel being in The EU is costly, unnecessary, and sometimes defies logic.

Take, for example some of the ridiculously silly rules and laws passed by Brussels' unelected European parliamentarians.

The British food standards agency was forced by Brussels to make the following ridiculous ruling on the retail industry: of you go to any shop or supermarket to buy peanuts, wall nuts, Brazil nuts, or any other nuts, they are not allowed to be sold unless the packaging includes the following statement; "Warning, may contain nuts."

Basically, I would say that in itself is completely nuts. Yet when there is a large jar of peanuts on the retailers' shelves they use a scoop to place the nuts on the scales and are then placed in a plain paper bags with no such warning attached at all.

Here is the best yet, a leading European-owned British supermarket has just been forced to remove and condemn a whole consignment of canned herrings which under these silly Brussels rulings must be destroyed, costing the supermarket giant many hundreds of thousands of pounds in lost revenue leading no doubt to an increase in products across their other ranges to compensate their losses.

The offending cans were ordered off display and subsequent sale because, the cans did not display in English the following crazy statement; "Warning, may contain fish."

So the pro-European guys want us to vote for this kind of lunacy. I will definitely be voting out and I rest my case.

Barrie V Evans,
Coordinator, Barry First Group, Barry Voice, Barry Crusader.

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Britain 'the biggest empire of all'

REFERRING to your correspondent Mr R Bradshaw's assertion (The GEM, May 26) that Britain has saved Europe from empire builders, may I point out that Britain was the biggest empire builder of all.

Britain fought these others not out of any altruistic motives, but because it at times felt threatened and at other times wanted the same pieces of other people's land that these empire builders had occupied or were coveting.

Reference to reliable history books would have helped Mr Bradshaw present a more balanced argument.

Marc Delaney, Barry.

NEWS IN BRIEF

Carers' advice

CARERS Wales are able to give expert advice, information on carers' benefits and information on support groups that are available in the area.

A session will be held on Thursday, June 9 from 10am–12pm at Age Connects Senior Health Shop, 38 Holton Road, Barry. Just come along and chat to one of the team from Carers Wales. Contact 01446 732385 for further information.

Barry Legion

THE Barry Royal British Legion branch will not be holding a meeting in June; the next meeting will be on Monday, July 11 at 2.30pm in the Barry Town Council Chambers, next to the Memorial Hall. New members are always welcome.

THE VALE OF GLAMORGAN COUNCIL

(OFF-STREET PARKING PLACES) (CIVIL ENFORCEMENT) (AMENDMENT) ORDER 2016

1. NOTICE is hereby given that the Vale of Glamorgan Council in exercise of its powers under sections 32,33 & 35 and Part IV of Schedule 9 of the Road Traffic Regulation Act 1984 and Part 6 of the Traffic Management Act 2004 and of all other enabling powers proposes to make an Order, the effect of which is to amend parking charges at the locations specified in the Schedule below.

2. These amended charges shall come into effect from Monday 27th June 2016

The following Traffic Regulation Orders is to be amended as follows:

Vale of Glamorgan Council (Off Street Parking Places) (Civil Enforcement) (Amendment) Order 2015

SCHEDULE

Proposed Car Park Charging and Enforcement

Name of parking place	Scale of charges for parking place (2015/2016)	Scale of charges for parking place (2016/2017)
Rivermouth, Ogmore-by-Sea	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-1 hour £ 1.00 1+ hour £ 2.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo Motorcycle FREE	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-7 hour £ 2.00 Buses/Coaches £ 5.00 Disabled Badge Holders FREE Solo Motorcycle FREE

Name of parking place	Scale of charges for parking place (2015/2016)	Scale of charges for parking place (2016/2017)
Brig-Y-Don, Ogmore-by-Sea	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-1 hour £ 1.00 1+ hour £ 2.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo Motorcycle FREE	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-7 hour £ 2.00 Buses/Coaches £ 5.00 Disabled Badge Holders FREE Solo Motorcycle FREE

Name of parking place	Scale of charges for parking place (2015/2016)	Scale of charges for parking place (2016/2017)
Cymlau, Southerndown	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm**	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £ 10.00 Disabled Badge Holders FREE Solo motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm**

	For tickets purchased between 4.01pm and 11.00pm	For tickets purchased between 4.01pm and 11.00pm
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Name of parking place	Scale of charges for parking place (2015/2016)	Scale of charges for parking place (2016/2017)
Harbour Road, Barry Island	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £10.00 Disabled Badge Holders FREE Solo Motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-1 hour £ 1.00 1+ hour £ 2.00 Buses/Coaches £10.00 Disabled Badge Holders FREE Solo Motorcycle FREE **Winter (1 Oct – 14 Mar)** No charge	**Summer (15 Mar – 30 Sept)** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £10.00 Disabled Badge Holders FREE Solo Motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-7 hour £ 2.00 Buses/Coaches £ 5.00 Disabled Badge Holders FREE Solo Motorcycle FREE **Winter (1 Oct – 14 Mar)** **For tickets purchased between 8.00am and 11.00pm** 0-1 hour £ 0.50 1+ hour £ 2.50 Buses/Coaches £ 5.00 Disabled Badge Holders FREE Solo Motorcycle FREE

Name of parking place	Scale of charges for parking place (2015/2016)	Scale of charges for parking place (2016/2017)
Nell's Point, Barry Island	**Applicable All Year** **For tickets purchased between 8.00am and 4.00pm** 0-1 hour £ 1.00 1+ hour £ 5.00 Buses/Coaches £10.00 Disabled Badge Holders FREE Solo Motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-1 hour £ 1.00 1+ hour £ 2.00 Buses/Coaches £10.00 Disabled Badge Holders FREE Solo Motorcycle FREE **Winter (1 Oct – 14 Mar)** No charge	**Summer (15 Mar – 30 Sept)** **For tickets purchased between 8.00am and 4.00pm** 0-1 Hour £ 1.00 1+ Hour £ 5.00 Buses/Coaches £10.00 Disabled Badge Holders FREE Solo Motorcycle FREE **For tickets purchased between 4.01pm and 11.00pm** 0-7 Hours £ 2.00 Buses/Coaches £ 5.00 Disabled Badge Holders FREE Solo Motorcycle FREE **Winter (1 Oct – 14 Mar)** **For tickets purchased between 8.00am and 11.00pm** 0-1 Hour £ 0.50 1+ Hour £ 2.50 Buses/Coaches £ 5.00 Disabled Badge Holders FREE Solo Motorcycle FREE

Dated this 2nd day of June 2016

M. E. Punter, Director of Environment & Housing, Vale of Glamorgan Council, The Alps, Wenvoe. CF5 6AA.

Vets take on the best France has to offer!

THIS year, Barry Vets travelled in style from Rhoose airport to Paris CDG and were gratefully picked up by our Beauvais friends Zeze and Denis – *merci beaucoup,* boys!

On arrival in Beauvais, bags were dropped and friendships renewed with hugs for old friends we had seen a short time ago in the Six Nations Vets match.

The team arrived on time for the Tournoi the next morning with a few sore heads and preparations began to find another four players to bolster the team. (Many thanks to Mathieu and our newly found Romanians friends Harri, George and Ivan).

Chairman of selectors Paul Delaney did his normal excellent job of team selection, aided by the fact that the pack picked itself!

A minute's silence, respected impeccably, was held to remember the life of a Beauvais stalwart, before the Tournoi began,

The first game played against Rosny on a gorgeous sunny day was a fantastic defensive effort, which ended up in a narrow loss. Barry knew they had to get more ball and a few tactical changes were made to the next fixture.A few more visiting players were welcomed and Barry set about taking on the next French opponents. Barry played a better game with some of our strike runners in the pack putting in big runs and tackles.

Barry and Epinal rugby veterans.

Tackle of the Tournoi was by Baz Mills covering back and taking his opponent's legs away from him as he was destined to score. The resulting shredded knees and elbows were appreciated by his teammates. Barry went down again by a solitary score.

The next fixture saw a re-match against Laon always a very tough encounter. Again some massive hits were put in by Gavyn Elsworth, Nicholas Lundy and Simon Mepham, ably assisted by the sniping of Turnbull and Thomas.

Following some excellent build-up play by Jones and the other forwards, the ball was shipped out. Matt cut a lovely angle and was put in for the winning try by Julian McTavish.

Having got a win on the board, Barry's next opponents were Clermont Potage and from the outset the hits were bigger and there was a tension in the air. The author was counter-rucked by a young lady, much to the amusement of the sidelines.

Barry then went a try behind, but Clermont lost a player through foul play. With the extra player, Barry set about Clermont – but parity of players was ensured a minute later by an odd sin-binning for a visiting player.

The blood and thrust continued and Barry deservedly equalised in the corner, the grudge match ending in a draw and a fair result.

This ushered in lunchtime and the usual Tournoi photo was taken in the stand with the band, and every team joined in the antics, singing and clapping as rugby brothers/sisters – as is the Beauvais way .

We then played Les Chats Bottés from Epinal and were requested to take it easy on their two female wingers – not a chance; one scored two tries and not even a hair on her head was touched. We later discovered she plays for Stade Francais and runs 100m in 13 seconds! Down three tries to nil, Barry battled to the end and scored the final try.

The last game saw a last-second defeat as the players had given their all.

As a player commented, Barry celebrated win, lose or draw, and photos were taken afterwards with both teams, obviously they knew they were playing past champions! The revelry commenced and on Sunday some complained of illness but endured the train journey to Paris, where some sampled French delicacy of Lescargot.

Thanks to the playes - Lee Jones, Lee Turnbull, Gavyn Elsworth, Matt Phillips, Clive Thomas, Julian McTavish, Nicholas Lundy, Simon Mepham, Baz Mills, Frank Greig and Andy Moffatt, chairman of selectors Paul Delaney, and the tourists/gift carriers/water boys/photographers - Pat Jones, Michael Alan Mepham, Steve Evans, Ricky McClure, Wendy, Charlie Chucas, Julie and Jayne.

A massive thank you also to our hosts Beauvais and friends Fabrice Vandroux, Patrick Dorchy, Yaya Deslos, Ingrid Bethmont, Benoit Coupas, Jean P Delouche and Catherine, Julian Zedam and Denis for their kindness in picking us up for the airport.

It was a 'magnifique Tournoi' as always, and *'tres bien'* to our friends Luc Vandenameele, Christophe Birnbaum, Zeze and everyone who put on the green jersey.

A special thank you to our sponsors Paul Lant of FJ Tyres, College Road, Barry and Tina Harrison from Three Horseshoes in St Athan. ***AM***

TENOVUS CHARITY CALLS FOR AWARD NOMINATIONS

TENOVUS Cancer Care is asking the public to nominate volunteers to celebrate their work.

The annual awards, which will be hosted by ITV Wales News presenter Carl Edwards, recognise the contribution of volunteers to Tenovus Cancer Care and the difference they make to the lives of cancer patients and their loved ones. The charity has almost 2,000 volunteers across the country.

There are five award categories, based on the values of Tenovus Cancer Care: Creative, Respectful, Bold, Supportive and Inspiring.

Awards are also presented for Young Volunteer of the Year and an overall award for Volunteer of the Year.

David Payne from Pontyclun, last year's Tenovus Cancer Care Volunteer of the Year, said: "In 2015 I had the honour of being presented an award for 'Most Inspirational Volunteer of the Year 2015' and to my amazement on the same night 'Overall Volunteer of the Year 2015'.

"When you are voted by, and surrounded by, the most amazing people with incredible stories and life challenges it was indeed a truly incredible honour, and one I will treasure for the rest of my life."

Members of the public can nominate a volunteer for a volunteer ward by visiting **www.tenovuscancercare.org.uk** or calling in at any Tenovus Cancer Care shop.

Katie Taylor, volunteer development manager at Tenovus Cancer Care, said: "These awards celebrate the amazing work being done day in, day out by our volunteers across the country. It's our way of saying thank you for all their hard work; we simply couldn't help as many cancer patients and their loved ones without the support of our volunteers.

"If you know someone that volunteers for Tenovus Cancer Care who you feel deserves extra special recognition for their work, please get your nomination in now."

Go to the **The GEM** for the latest stories and breaking news...
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www.llantwit-major-today.co.uk
www.bridgend-today.co.uk
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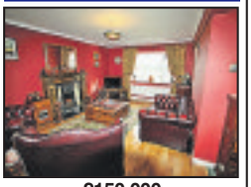
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GAS CENTRAL HEATING
EPC-E

ST ATHAN

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NEW

The Cot, Talygarn Vale of Glamorgan

- Unique circa 55 acre Mini Country Estate.
- 8 acre lake, approx.12 acres of paddocks.
- Excellent equestrian facilities.
- 2 bedroom former gamekeeper's cottage.
- Private riding/walking tracks through award winning woods.
- Unique opportunity to buy a part of the Glamorgan Heritage.

EPC = E

£1,100,000

Cowbridge Road, Talygarn Vale of Glamorgan

- Generous and flexible accommodation
- Six bedrooms (bedroom six is currently a study)
- A lounge with a wood burner
- A family room, a dining room and a kitchen/breakfast room
- Well-proportioned front and rear gardens with parking for several vehicles

EPC = D

£635,000

Fonmon Vale of Glamorgan

- Well presented four bedroom detached house
- Extended Kitchen/Breakfast room
- Living/Dining Room, Study
- Large Principal Bedroom and generous En Suite bathroom
- Gardens and grounds extending to over 3 acres
- Idyllic country location

EPC = E

£665,000

Prisk Road, Maendy Vale of Glamorgan

- Four bedroom extended detached family home
- Three reception rooms, kitchen / breakfast room
- Conservatory opening on to mature gardens
- Quiet location in a sought after village
- Cowbridge school catchment

EPC = D

£465,000

Church Road, Wick Vale of Glamorgan

OPEN HOUSE COMING SOON, CALL FOR DETAILS

- Versatile four bedroom detached bungalow
- Two bedrooms on the ground floor and two on the first floor
- Large kitchen/breakfast room
- Southerly aspect rear garden

EPC = D £335,000

2,3 & 4 bedroom houses needed for waiting buyers in the Vale of Glamorgan.

Contact us today for a free market appraisal of your home.

Station Terrace, East Aberthaw Vale of Glamorgan

- Detached three bedroom family home
- Two reception rooms,
- Kitchen/breakfast room
- Set on a generous plot with side and rear gardens
- Detached garage and driveway for 2/3 cars • **NO CHAIN**

EPC = E £250,000

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CAPEL-YR-EFAIL, LLANCARFAN

- Converted Chapel
- 5 bedrooms
- Large gardens
- Rural settings

£710,000

CARDIFF ROAD, COWBRIDGE

- 4 bedroom property
- Centre of Cowbridge
- Private parking
- 2 reception rooms

£465,000

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SHEEPCOURT COTTAGES, BONVILSTON

- Extended 4 bedroom cottage
- Large gardens
- Detached double garage with workshop and office
- Sought after location

£325,000

CLARE DRIVE, COWBRIDGE

- Extended 4 bedroom detached property
- 3 reception rooms
- Garage
- No chain

£425,000

PENYLAN COURT, ST BRIDES MAJOR

- 4 bedroom detached property
- 3 reception rooms
- Detached garage
- Rear garden with open views

£400,000

GELLI DDU FARM, MOUNTAIN ASH

- Approximately 336 acres
- Potential for agricultural and equestrian use
- Located close to small village of Cwmpennar

£600,000

EWENNY ROAD, BRIDGEND

- Semi detached property
- 3 bedrooms
- Extended and improved
- Well regarded location

£215,000

MALLORY, LLANMAES

- Spacious detached property
- 4 bedrooms
- 3 reception rooms
- Conservatory

£415,000

23 ACRES AT GARTH

- Extending to approximately 23 acres
- Located on the outskirts of Garth
- Small areas of amenity woodland

£50,000

TYLCHA FACH TERRACE, COED ELY

- An allotment
- Located near semi-detached properties
- Approximately 0.1 acres

£10,000

LYNDALE, LLANBLETHIAN

- Large detached house
- 4 bedrooms
- Double garage with workshop
- Spacious landscaped gardens

£560,000

THE SYCAMORES, LLYSWORNEY

- 4 bedroom detached property
- 3 reception rooms
- Large gardens
- Detached garage

£500,000

DRUIDS GREEN, COWBRIDGE

SSTC

- 3 bedroom property
- Private parking
- Modern interior
- Walking distance to Cowbridge

£230,000

VALE VIEW, ST NICHOLAS

SSTC

- Standing in 1.07 acres
- 4 bedrooms
- 3 bathrooms
- Sought after village

£750,000

GEORGE STREET, LLANTRISANT

- Charming cottage
- Spacious double bedroom
- Open plan sitting room/kitchen
- Opportunity for extension

£96,940

TOWN CENTRE, COWBRIDGE

TO LET

- Garden flat
- One bedroom
- Refurbished
- Sought after location

£550pcm

DOL Y LLAN, MISKIN

SSTC

- 4 bedroom detached property
- Extended and improved
- Conservatory
- Access to local amenities

£250,000

BRIARWOOD, SIGINGSTONE

SSTC

- Modern bungalow
- 2 bedrooms
- 2 reception rooms
- Sought after location

£330,000

THE MEADOWS, CORNTOWN

TO LET

- Extended semi detached property
- 3 bedrooms
- Cul de sac position
- Off road parking

£695pcm

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ARLA
RICS

Cwrt Syr Dafydd, Llantwit Major
3 Beds. 3 Recps.
Utility. Conservatory.
Open Green Space to Rear.
£259,950 E51

St. Johns View, St Athan
2 Beds. Conservatory.
Garage. Driveway.
Multi Fuel Burner.
£194,950 E40

Windmill Close, Wick
4 Beds. 2 Recps.
Conservatory.
Double Garage.
£399,950 D62

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Stag Lane, Llantwit Major
2 Bedrooms
West End Location
Off Road Parking
£159,950 F23

Church Meadow, Boverton
2 Bedrooms
No Chain
Ideal Investment
£118,000 D66

St. Johns View, St Athan
2 Beds. Conservatory.
Garage. Driveway.
Show Home Standard.
£179,950 E40

39 Partridge Road St Athan
2 Bedrooms
GCH Combi
No Chain
£99,950 C74

Dimlands Road, Llantwit Major
4 Beds. 2 Recps.
Driveway. Garage.
Rare Opportunity.
£479,950 F25

Glyndwr Avenue, St Athan
3 Beds. 2 Recps.
Driveway for 3 Cars
Potential to extend.
£139,950 E50

Glebeland Place, St Athan
3 Beds. 3 Recps.
Extended. Garage.
100' Garden.
£174,950 E51

Daniel Hopkin Close, Llantwit Major
4 Beds. 2 Recps. Garage. Extended.
Superb Countryside Views.
£259,950

Channel View, Marcross
3 Beds. Conservatory.
Driveway for 4 Cars.
Stunning Views.
£249,950 D64

Ty Draw Road, Llandow, Cowbridge
3 Beds. 2 Recps. Garage. Driveway.
Superb Gardens.
£345,000 E40

West End Terrace, Llantwit Major
2 Beds. Gardens.
2015 GCH Combi.
West End Location.
£199,950 C69

Tyle House Close, Llanmaes
4 Beds. 2 Recps.
Driveway. Garage.
Sought After Village
£349,950 C69

St Davids Crescent, St Athan
2 Bedrooms.
Southerly Rear.
No Chain. Parking.
£114,950 C70

Higher End, St Athan
4 Beds. 2 Recps.
Conservatory
90' Garden. Garage
£249,950 D57

Ash Lane, St Athan
3 Bedrooms
Rarely Available
Potential to Extend
£149,950 D64

Partridge Road, St Athan
2 Beds. Loft Room.
GCH Combi.
Countryside Views.
£105,950 E45

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103 Boverton Road
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Detached Garage
£499,950 E55

Chestnut Avenue, St Athan
2 Beds. Attic Room
GCH Combi
Driveway for 2 Cars
£104,950 E49

Tyle House Close, Llanmaes
3 Beds. 2 Recps.
Driveway. Garage.
Sought After Village.
£265,000 D56

Lets!

Y Rhodfa, Barry.
One Bedroom,
Shower,
Balcony.
B81. Band C.
£525 PCM.

Caer Worgan,
Llantwit Major.
Two Bedroom,
Driveway Parking,
Enclosed Low
Maintenance Garden.
D65. Band C.
£595 PCM.

Burlington Street, Barry.
Two Bedrooms,
Well Presented,
Shower.
D64. Band B.
£595 PCM.

Purdey Close, Barry.
Highlight Park,
Two Bedrooms,
Shower Room.
C76. Band C.
£625 PCM.

Broadway, Cowbridge.
Two Bedrooms,
Conservatory,
Shower room.
C69, Band E.
£675 PCM.

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NEW

GILBERT STREET, BARRY
- TRADITIONAL MID TERRACE
- LIVING ROOM & DINING ROOM
- FITTED KITCHEN
- THREE BEDROOMS - MASTER ENSUITE
- GROUND FLOOR BATHROOM
- GARAGE & LANE ACCESS
- GAS CENTRAL HEATING VIA COMBI
- NO CHAIN
- ER=E

£74,950

NEW

BASSETT STREET, BARRY
- MID TERRACE TRADITIONAL
- 3 BEDROOMS
- LIVING/DINING ROOM
- UTILITY ROOM,W.C. CLOAK
- FITTED KITCHEN
- ATTIC ROOM
- ENTRANCE PORCH
- CONVENIENT LOCATIONY
- GCH VIA COMBI
- NO CHAIN
- ER=E

£119,000

NEW

DSS

PORT ROAD EAST, BARRY
- BAY FRONTED SEMI DETACHED
- LIVING ROOM/DINING ROOM
- FITTED KITCHEN
- CONSERVATORY
- THREE BEDROOMS
- SPACIOUS FAM. BATHROOM
- DRIVEWAY/GARAGE
- ENCLOSED REAR GARDEN
- VIEWING HIGHLY ADVISED
- ER=E

£224,950

NEW

MERTHYR DYFAN ROAD, BARRY
- SEMI DETACHED DORMA BUNGALOW
- SPACIOUS THROUGHOUT
- GR FLR. LIVING ROOM
- DINING ROOM OR BEDROOM
- INTEGRAL GARAGE
- MASTER BEDROOM WITH ENSUITE
- FAM. BATHROOM
- 1ST FLR.TWO FURTHER BEDROOMS TO ATTIC
- DRIVEWAY/PARKING

£229,950

NEW

THISTLE CLOSE, BARRY
- FABULOUS DETACHED PROPERTY
- FOUR BEDROOMS
- MASTER EN SUITE
- KITCHEN/BREAKFAST ROOM
- CONVERTED GARAGE
- DOWNSTAIRS CLOAKROOM
- DOUBLE GLAZING THROUGHOUT
- LARGE GARDEN
- OFF ROAD PARKING
- ER=D

£232,000

NEW

PETERSWELL ROAD, BARRY
- DETACHED PROPERTY
- 4 BEDROOMS
- MASTER ENSUITE
- KITCHEN/BREAKFAST ROOM
- GROUND FLOOR SHOWER ROOM
- SLATE PAVED PATIO
- UPVC DOUBLE GLAZING
- UTILITY ROOM
- OFF ROAD PARKING & APPROVAL FOR GARAGE
- ER=D

£369,999

NEW PRICE

BROOK STREET, BARRY
- MID TERRACED TRADITIONAL
- THROUGH LIVING ROOM
- TWO BEDROOMS
- FIRST FLR. BATHROOM
- ENCLOSED GARDEN
- GARAGE/LANE ACCESS
- OFFERED WITH NO CHAIN
- IN NEED OF MODERNISATION
- ER=F

£87,500

ROBERT STREET, BARRY
- MID TERRACED TRADITIONAL
- THROUGH LIVING ROOM
- FITTED KITCHEN
- TWO BEDROOMS
- 1ST FLR FAM. BATHROOM
- NO CHAIN
- SERVICES NOT TESTED - SOLD AS SEEN
- ER=D

£90,000

POWIS VIEW, BARRY
- WELL PRESENTED
- 1ST FLOOR APARTMENT
- REPLACEMENT KITCHEN
- REPLACEMENT BATHROOM
- 2 DOUBLE BEDROOMS
- GAS CENTRAL HEATING VIA COMBI
- UPVC DOUBLE GLAZING
- ER=C

£95,000

CHURCH ROAD, RHOOSE
- GROUND FLOOR GARDEN APARTMENT
- 2 DOUBLE BEDROOMS
- LIVING ROOM OVERLOOKING GARDEN
- SHOWER ROOM
- DRIVEWAY PROVIDING AMPLE PARKING
- IN NEED OF MODERNISATION
- NO CHAIN
- ER=E

£99,950

NEW PRICE

BELL STREET, BARRY
- MID TERRACED TRADITIONAL
- THROUGH LIVING ROOM
- FITTED KITCHEN
- GROUND FLOOR BATHROOM
- THREE BEDROOMS (3RD ACCESSIBLE FROM BED 2)
- ENCLOSED REAR GARDEN
- LANE ACCESS
- NO CHAIN
- ER=D

£99,950

ST. NICHOLAS CLOSE, BARRY
- 2 DOUBLE BED APARTMENT
- THIRD FLOOR
- WEST END LOCATION
- BALCONY WITH SEA VIEWS
- GCH UPVC D/G
- VIEWING HIGHLY RECOMMENDED
- ER=D

£105,000

VALE STREET, BARRY
- MID TERRACED TRADITIONAL
- THROUGH LIVING ROOM
- GROUND FLR BATHROOM
- THREE BEDROOMS
- IN NEED OF UPDATING
- SOLD AS SEEN-SERVICES NOT TESTED
- NO CHAIN
- ER=D

£112,950

MORGAN STREET, BARRY
- MID TERRACED TRADITIONAL
- LIVING/DINING ROOM
- FITTED KITCHEN
- GROUND FLR. BATHROOM
- THREE BEDROOMS
- ENCLOSED REAR GARDEN
- VIEWING ESSENTIAL
- NO CHAIN
- ER=

£114,950

LAURA STREET, BARRY
- MID TERRACE TRADITONAL
- THREE BEDROOMS
- LIVING/DINING ROOM
- DOWNSTAIRS BATHROOM
- UPVC DG & GCH VIA COMBI
- ENCLOSED REAR GARDEN
- NO FORWARD CHAIN
- ER=D

£114,950

THE PASTURES, BARRY
- MODERN MID LINKED
- LIVING ROOM
- FITTED KITCHEN
- TWO BEDROOMS
- ENCLOSED REAR GARDEN
- DRIVEWAY PROVIDING PARKING
- OFFERED WITH NO CHAIN
- ER=D

£116,500

CLIVE ROAD, BARRY
- MID TERRACE TRADITIONAL
- THREE REC. ROOMS
- REPLACEMENT 2016 FITTED KITCHEN
- THREE BEDROOMS
- ENCLOSED REAR GARDEN
- RENOVATED THROUGHOUT
- DAMP PROOF COURSE
- REPLACEMENT BOILER,DECORATED,FLOORING
- NO CHAIN
- ER=D

Offers Invited £145,000

VICTORIA ROAD, BARRY
- MID TERRACED
- TRADITIONAL FORECOURT
- THREE RECEPTION ROOMS
- FITTED KITCHEN
- THREE BEDROOMS
- UPVC DOUBLE GLAZING
- GAS CENTRAL HEATING
- SOUTH FACING ENCLOSED GARDEN
- CONVENIENT WEST END LOCATION
- ER=D

£152,000

ST. BRANNOCKS CLOSE, BARRY
- END OF LINK
- WELL PRESENTED THROUGHOUT
- LIVING/DINING ROOM
- KITCHEN/BREAKFAST
- TWO BEDROOMS (PREVIOUSLY THREE)
- FAMILY BATHROOM
- GARAGE/PARKING IN BLOCK
- CUL DE SAC POSITION
- VIEWING ESSENTIAL
- EPC=D

£159,950

ST. BRANNOCKS CLOSE, BARRY
- SEMI DETACHED
- EXTENDED DWELLING
- WELL PRESENTED
- LIVING ROOM
- OPEN PLAN KITCHEN/DINER/SITTING AREA
- THREE BEDROOMS
- BALCONY OFF MASTER
- VIEWING ESSENTIAL
- NO FORWARD CHAIN
- ER=D

£179,950

CONWAY DRIVE, BARRY
- DETACHED PROPERT
- VERSATILE LIVING THROUGHOUT
- GRD FLR. KITCHEN, LIVING ROOM,DINING ROOM/BEDROOM
- 1ST FLR. TWO FURTHER BEDROOMS
- FAMILY SHOWER ROOM
- ENCLOSED REAR GARDEN
- CARPORT AND OFF ROAD PARKIING
- GAS CENTRAL HEATING VIA COMBI BOILER
- UPVC DOUBLE GLAZING
- ER=C

£190,000

PETERSWELL ROAD, BARRY
- SPACIOUS SEMI DETACHED
- LIVING ROOM
- KITCHEN/DINER
- UTILITY ROOM,W.C. CLOAK
- INTEGRAL GARAGE
- FIVE BEDROOMS
- FAM. BATHROOM
- DRIVEWAY
- BACKING ONTO ALLOTMENTS
- ER=D

£199,950

OXFORD STREET, BARRY
- WELL PRESENTED & SPACIOUS
- MID TERRACED BAY FRONTED
- LIVING ROOM, DINING ROOM
- STEPS TO BASEMENT KITCHEN WITH INTEGRATED APPLIANCES
- UTILITY AREA,W.C. CLOAKROOM
- THREE BEDROOMS
- INFORMAL HOBBY/ATTIC ROOM
- ENCLOSED SOUTH FACING GARDEN
- ER=D

£199,950

VICTORIA PARK ROAD, BARRY
- TRADITONAL SEMI DETACHED
- LIVING ROOM
- DINING ROOM WITH BALCONY OVERLOOKING REAR
- STEPS RECEDING TO BASEMENT ROOMS
- THREE BEDROOMS
- 1ST FLR. THREE BEDROOMS,FAM. BATHROOM
- LOWER GRND. THREE FURTHER ROOMS
- SIDE ACCESS LEADING TO FRONT
- ENCLOSED REAR GARDEN
- WELL PRESENTED THROUGHOUT • ER=C

£219,950

TYNEWYDD ROAD, BARRY
- TRADITIONAL SEMI DETACHED
- LIVING ROOM
- DINING ROOM, SITTING ROOM
- W.C. CLOAKROOM
- LUXURY BATHROOM WITH ROLL TOP BATH
- SEA VIEWS ACROSS BRISTOL CHANNEL
- THREE DOUBLE BEDROOMS
- ATTIC/HOBBY ROOM
- VERY WELL PRESENTED
- ER=F

£239,950

THE GROVE, BARRY
- SUBSTANTIAL FAMILY HOME
- THREE RECEPTION ROOMS
- FITTED KITCHEN
- MODERN SHOWER ROOM
- FIVE BEDROOMS
- 1ST FLR BATHROOM
- ENCLOSED GARDEN
- GARAGE/LANE ACCESS
- NO CHAIN
- ER=C

£269,950

LON FFERM FELIN, BARRY
- MODERN DETACHED
- LIVING/DINING ROOM
- FITTED KITCHEN/UTILITY RM
- FOUR BEDROOMS (MASTER ENSUITE)
- DRIVEWAY/GARAGE
- ENCLOSED REAR GARDEN
- VIEWING ESSENTIAL
- ER = D

£269,950

FABULOUS VIEWS

PORT ROAD EAST, BARRY
- DETACHED BUNGALOW
- TWO REC. ROOMS
- THREE BEDROOMS
- ATTIC/HOBBY AREA
- FABULOUS VIEWS OVER THE VALE
- VIEWING ESSENTIAL
- DRIVEWAY
- NO CHAIN
- ER=D

£289,950

TO LET

BROAD STREET, BARRY
- TWO BEDROOM FIRST FLOOR MAISONETTE
- UNFURNISHED
- LARGE LOUNGE
- KITCHEN
- BATHROOM
- TWO DOUBLE BEDROOMS
- 5 MINS WALK TO TOWN CENTRE & LOCAL TRANSPORT LINKS
- NO PETS, NO SMOKERS, PART DSS CONSIDERED
- EPC=E

£495 Monthly Per Month

TO LET

GIBBONSDOWN RISE, BARRY
- TWO BEDROOM FIRST FLOOR APARTMENT
- OPEN PLAN LOUNGE/ KITCHEN
- KITCHEN INCLUDES BUILT IN DISHWASHER, OVEN, MICROWAVE & GAS HOB
- TWO DOUBLE BEDROOMS
- FAMILY BATHROOM
- COMMUNAL PARKING
- NO PETS, NO SMOKERS, NO DSS
- EPC=C

£525 Monthly Per Month

TO LET

NORDALE RISE, BARRY
- TWO BEDROOM MID TERRACED PROPERTY
- UNFURNISHED
- LOUNGE
- KITCHEN
- BATHROOM
- FRONT & ENCLOSED REAR GARDEN
- CLOSE TO TRANSPORT LINKS
- NO PETS, NO SMOKERS, PART DSS WITH GUARANTOR CONSIDERED
- EPC=D

£550 Monthly Per Month

TO LET

LABURNUM CLOSE, BARRY
- PLACED IN A QUIET CUL DE SAC
- TWO BEDROOM MID TERRACED PROPERTY
- LIVING ROOM
- FITTED KITCHEN
- TWO BEDROOMS
- UPSTAIRS FAMILY BATHROOM
- GAS CENTRAL HEATING
- NO PETS
- NO SMOKERS
- NO DSS

£575 Monthly Per Month

TO LET

WESTBURY CLOSE, BARRY
- THREE BEDROOM SEMI DETACHED PROPERTY
- UNFURNISHED
- LOUNGE/ DINING ROOM
- KITCHEN
- STORAGE ROOM
- TWO DOUBLE BEDROOMS
- ONE SINGLE BEDROOM
- FRONT & REAR GARDEN
- NO PETS, NO SMOKERS, DSS CONSIDERED
- EPC=

£595 Monthly Per Month

TO LET

PURDEY CLOSE, BARRY
- TWO BEDROOM MID TERRACED PROPERTY
- LOCATED IN QUIET CUL-DE-SAC ON HIGHLIGHT PARK
- LOUNGE
- KITCHEN
- TWO DOUBLE BEDROOMS
- BATHROOM
- DESIGNATED PARKING
- REAR GARDEN
- NO PETS, NO SMOKERS, NO DSS
- EPC=C

£595 Monthly Per Month

TO LET

GEORGE STREET, BARRY
- AVAILABLE FROM 1ST JUNE, VIEW NOW
- THREE BEDROOM MID TERRACED PROPERTY
- EXCELLENT CONDITION THROUGHOUT
- LARGE THROUGH LOUNGE/ DINING ROOM
- KITCHEN
- DOWNSTAIRS BATHROOM
- THREE DOUBLE BEDROOMS
- LOW MAINTENANCE REAR GARDEN
- NO PETS, NO SMOKERS, NO DSS
- EPC=E

£625 Monthly Per Month

TO LET

TREM MAPGOLL, BARRY
- THREE BEDROOM TOWNHOUSE
- LOCATED ON PENCOEDTRE VILLAGE
- LOUNGE WITH FRENCH DOORS LEADING TO REAR GARDEN
- KITCHEN
- MASTER WITH ENSUITE
- FAMILY BATHROOM
- GARAGE
- NO PETS, NO SMOKERS, NO DSS
- EPC=C

£850 Monthly

PROPERTIES AVAILABLE TO RENT & PROPERTIES WANTED TO LET

DON'T DO IT YOURSELF...
....CALL A PROFESSIONAL FROM OUR A-Z LIST!

Advertisers please note : deadline for Classified Section is 5pm Monday (to appear in the following week's edition). Telephone 01446 774484. email: vanessa.james@tindlenews.co.uk

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CITY & GUILDS QUALIFIED
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Sat Nav, good condition, in black, 57 plate.
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BARRY
07770 453727 23

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A double glazed half glass outside back door with white frame. Ht 286cm x 83cm wide. Frame 240cm x 92cm
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Barry
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Cost £1,255 Mar 2015
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5ft wide with separate glazed dresser top
Total height 6ft 8"
£300
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All purchased last year and as new
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newspaper to local homes, once a week.
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Please ring: **01202 811666**
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If we do not have an immediate vacancy in your area, your details will be placed on our waiting list until a suitable opportunity occurs.

Public Notices

LICENSING ACT 2003
Section 17 (5)
Notice of Application for a Premises Licence
NOTICE IS GIVE THAT An application has been made to Bridgend County Borough Council (the Licensing Authority) for a **PREMISES LICENCE.**
To permit licensable activities which it is proposed will be carried on, on or from the premises shown below.
Details of the application may be inspected between the hours of: Monday to Thursday 0830 to 1700 hours and Friday 0830 to 1630 hours at Civic Offices, Angel Street, Bridgend, CF31 4WB or by visiting the authority's website: www.bridgend.gov.uk.
Any responsible authority or any other person may make representations in respect of the application, which must be submitted, in writing, to the following address before the date shown below:-
Licensing Section, Bridgend County Borough Council, Civic Offices, Angel Street, Bridgend, CF31 4WB
NAME OF APPLICANT: **COSY CORNER LOUNGE LTD** of: **COSY CORNER LOUNGE, 33 THE ESPLANADE, PORTHCAWL, CF36 3YR**
STATEMENT OF INTENDED LICENSABLE ACTIVITIES:
SUPPLY OF ALCOHOL – SUN – THURS 11:00 – 23:00; FRI & SAT 11:00 – 00:00
RECORDED MUSIC – SUN – THURS – 09:30 – 23:30; FRI & SAT 09:30 – 00:30
LATE NIGHT REFRESHMENT – FRI & SAT 23:00 – 00:00
DATE BY WHICH REPRESENTATIONS MUST BE MADE: This notice remains in force from and including the day after the giving of this notice to the licensing authority, namely 21ST JUNE 2016, for 28 consecutive days.
It is an offence knowingly or recklessly to make a false statement in connection with an application. The maximum fine on summary conviction is £5,000.

Goods Vehicle Operator's Licence
Install Integrated Skips Ltd trading as **Install Integrated Skips Ltd** of **Unit 12H, Atlantic Trading Estate, Barry, CF63 3RF** is applying for a licence to use **Unit 12H, Atlantic Trading Estate, Barry CF63 3RF** as an operating centre for **6** goods vehicles and **0** trailers.
Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice.
Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's office.

JOHN EVAN DAVIES
(Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 11 De Clare Court Boverton Llantwit Major, who died on 16/11/2015, are required to send particulars thereof in writing to the undersigned Solicitors on or before 05/08/2016, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.
VALE SOLICITORS
1 Boverton Road
Llantwit Major CF61 1XZ *T473169*

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Family Notices

OAKLEY
Marjorie Joan

Peacefully on May 21 at the University Hospital of Wales, Cardiff, Joan aged 97 years, wife of the late Horace (Bill).
Loving mother, grandmother and great-grandmother
Resting at A.G. Adams & Son, Gladstone Road, Barry until the Service at the Cardiff & Glamorgan Crematorium, Barry on Thursday, June 9 at 2pm (where family and friends please meet). Family flowers only, but donations if wished, may be sent to the Funeral Home for the RNIB.

EDWARDS
Jeanette

Peacefully on May 27 at Llandough Hospital, after a short, but brave battle with cancer, Jeanette aged 78 years of Barry. Beloved wife of the late Arthur. Loving mother of Anthony, Nita, Terry and Margaret, grand and great grand-mother, sister and loyal friend to Dave.
Resting at A.G. Adams & Son, Gladstone Road, Barry until the service at the Cardiff & Glamorgan Crematorioum, Barry on Thursday, June 9 at 11am, (where all please meet) and ladies could you wear a splash of lilac - mum's favourtite colour.
Donations, if wished, in lieu of flowers for Marie Curie Cancer Care (Holme Towers) may be sent to the funeral home.

JONES
Henry Cadwgan

Retired Master Butcher, Pentyrch
Passed away peacefully on Tuesday, May 24, at the Royal Glamorgan Hospital, aged 84 years, most dearly loved husband and friend to Eira and devoted father and best friend to Vaughan, loving brother to Delia and brother-in-law James, a dear uncle and great uncle, and a respected cousin.
"He was a good man"
He delivered to many customers in villages throughout the Vale of Glamorgan for over 40 years and made many friends during that time.
Funeral service to be held at St Catwg's Church, Pentyrch on Tuesday, June 7 at 2pm followed by interment in the churchyard. Family flowers only, donations if desired to British Heart Foundation Cymru or Bransby Horses Rescue and Welfare.
All enquiries to W.H. Preene & Son, Mwyndy, Pontyclun, CF72 8PN (Tel 01443 223368).

STEPHENS
Alfred George (Alf)

Peacefully at his home on May 22, Alf of Hywel Crescent, Barry. Dearly beloved husband of the late Mary, much loved dad of Philip, Anne and the late Kevin. Father-in-law of Malcolm, adored Grampy Biscuit of Lee and Rhian, Lindsey and partner Shane. Great grandad of William, Kyle and Tyler, brother of Steve, brother-in-law of Pearl and the late Sylvia, Elsie Marlene and the late Tom, Frank and Joe, brother-in-law of Graham and Jean and also to Sylvia and the late Brian and dear friend of the late Shelia.
Resting at A.G. Adams & Son, Tynewydd Funeral Home, Gladstone Road, Barry, until his reception into St. Helens R.C. Church on Monday, June 6 at 5pm for his requiem mass on Tuesday, June 7 at 1.15pm, followed by interment at Barry Cemetery at 2.45pm.
Family flowers only but donations in lieu of flowers to Alzheimer's Society and Leukaemia Reseach.

McNEILL
James

On Thursday, May 19, James (Jim) formerly of 'Barry TV Services' passed away at UHW Cardiff, aged 70. Jim passed away in the presence of his loving family after a courageous and dignified battle with illness. Devoted and cherished husband of Wendy, cherished dad to Darren and Linda. Loving father-in-law to Sian and Nigel and adored grampy to Callum and Sam.
Jim was loved and respected by so many and will be missed sadly by all that knew him.
Resting at A.G. Adams & Son Funeral Home, Gladstone Road, Barry until the funeral on Friday, June 10. Service to be held in the chapel at 2pm, followed by cremation at Cardiff & Glamorgan Crematorium, Port Road East, Barry at 3pm. Immediate family flowers only. If desired, donations may be handed to the funeral director after the funeral for Holme Towers, Bridgeman Road, Penarth. Please wear bright colours, no black tie.

FARR
Reginald Albert (Tom)

Peacefully in his sleep aged 85, at home in his own bed with his wife of 60 years sat next to him.
He was adored and will be much missed by Enid, his children, grandchildren, great grandchildren and many friends and relatives.
Funeral service at the Cardiff & Glamorgan Crematorium, Barry on Friday, June 10 at 1pm (where all please meet). Family flowers only please. Donations to the RNLI (Barry Branch) may be forwarded to A.G. Adams & Son, Barry.

JAVES
Dilys Anne
(née Blackburn)

Peacefully at home, on May 24, with her family around her. Beloved and devoted wife of 51 years of Philip. Much loved and devoted mother of Carolyn and Nicholas, mother-in-law to Kate and Nick, grandmother to Tilly, Henry, Sam and Charlie, and aunt to Rachel and her family.
She will be greatly missed by so many, family and friends alike.
The funeral service will be held on Tuesday, June 7 at 11am at The Cardiff & Glamorgan Memorial Park and Crematorium, Memorial Park, Port Road East, Barry, CF62 9PX and afterwards at Wenvoe Castle Golf Club, Wenvoe, Cardiff, CF5 6BE.
Dilys' wishes were family flowers only, but donations welcomed to Marie Curie Hospice, Bridgeman Road, Penarth, CF64 3YR, cheques payable to Marie Curie.

EDGAR
Alan Charles
8/6/52 to 23/5/16

Alan passed away peacefully in his sleep at home with his wife Jan at his side. He fought cancer for a long time with total dignity, but it was a battle he eventually lost. He leaves behind Jan his wife of 42 years, son Barrie, daughter Melanie, five grandchildren and one step granddaughter. He also leaves four siblings.
Alan's funeral service will be held on Wednesday, June 8 at the Vale of Glamorgan Crematorium, Port Road, Barry at 1pm. As per Alan's wishes, flowers if desired may be sent to the funeral home or donations can be made at the service for Velindre Cancer Care.
If you wish to join us after the service, we will be "raising a glass or two" to Alan at the Cherry Orchard (College Inn), Barry Road, Barry.
Alan is resting at Robert D. Johnson, Independent Funeral Directors, 29 Holton Road, Barry.

DAVIES
Ewan Sorton

Peacefully on Wednesday May 18, Ewan Sorton of Barry - retired deputy headteacher of Cynffig Comprehensive School, Kenfig Hill. Much loved uncle of Helen and Ruth and great uncle of Rachel, Matthew, Jonathan and Benjamin.
Funeral to be held on Monday, June 6 at 12 noon at the funeral home chapel of A.G. Adams & Son, Gladstone Road, Barry, followed by cremation at the Cardiff & Glamorgan Crematorium, Barry at 1pm.
Family flowers only, donations in lieu, if desired, to Crossroads.

In Memory

Elizabeth Guy
4/6/1968 - 31/8/15

I think of you every day,
my eyes fill with tears and won't go away.
Hope the angels are looking after you and Dad.
Love, little sis Tina xxx

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Two call-outs for Barry Dock RNLI lifeboat

Barry RNLI Lifeboat

JUST before lunchtime on Sunday, May 29, the Barry Dock volunteer RNLI lifeboat crew was called out to rescue a speedboat with engine faliure off Porthkerry Beach.

Although tested the day before, the speedboat's engines failed while they were at sea and the boat's owners were unable to restart them.

Jon Atkins, coxswain of the Barry Dock RNLI Lifeboat, said: "It was bad luck to have the engines fail, but sea conditions were good and we were able to tow the boat back to safety without further incident."

At 6pm the same day, the crew was scrambled to another broken down boat, but was stood down after mustering at the lifeboat station.

If you would like to get involved with the RNLI and volunteer an hour or so a month, please call 01446 735678.

Book fair to help restore fountain at Dyffryn Gardens

A second-hand book fair is being launched by the National Trust at Dyffryn Gardens in the Vale.

After running a successful second hand book shop, which has raised more than £10,000, it aims to raise even more to restore the fountain at the end of the Great Lawn.

The fair will see stalls set up in the house and gardens selling quality second hand books.

Other activities include book folding workshops, creative writing classes run by Bryony Goffin and storytelling. All proceeds from the event will go towards the restoration fund. The staff will also be putting on 'Team Dyffryn Question Time', their take on gardener's question time.

The public will be able to ask the panel of general manager Geraldine Donovan, head gardener Chris Flynn and their team, questions about the gardens, plants, and history of Dyffryn.

They will also be given gardening tips.

The fair will run from June 11-12 (10.30am to 4pm).

Normal admission prices also apply for extra events.

More information is available at ***www.nationaltrust.org.uk/dyffryn-gardens*** *or call 02920 590813 .*

'Leave' campaigners host local meetings

LOCAL campaigners for Britain to leave the EU are holding public meetings in Barry and Cowbridge in the coming days to give Vale residents the opportunity to get involved in the campaign for Brexit.

On Monday, June 6, they will be meeting at 7pm in the upstairs room of the Duke of Wellington Pub on High Street in Cowbridge.

On June 7, they will be meeting at 7pm in the Cadoxton Conservative Club on Vere Street in Barry.

"Anyone interested in the Leave campaign is welcome to attend either event, depending on which date and location is most convenient," a spokesperson said.

COWS ARE NOT IMPRESSED WITH THE GOLFING FARMERS!

RIGHT: Society president and captain Geraint Davies with sponsor Mark Rees, winners Reg Davies and Andrew Lamb, and runner up David Williams.

AS golfers throughout the Vale will know the very thought of playing a 'medal' round instead of the customary and more favoured Stableford format sends a shiver down the spine bringing with it many varied and interesting reasons of not wanting to participate.

Gout, unexpected funerals of long distanced relatives, shearing and quickly arranged holidays were just a few of the reasons why only 28 members of the Glamorgan Farmers' Golf Society participated in the recently held monthly meeting at Wenvoe Castle Golf Club, kindly sponsored by Mark Rees.

Those that attended were rewarded with a course in excellent condition, warm sunshine and also the opportunity of winning the Shrieval Trophy, donated to the society by the late Islwyn Rees.

However, for quite a few, the tree-lined fairways proved quite difficult to locate and errant shots were severely punished.

In particular the 317-yard 6th hole played from an elevated tee to a well-protected green proved particularly troublesome and accounted for the majority of the 77 balls that failed to make the journey home.

The well-bred Friesian cows resting peacefully in the field bordering this hole could not have been impressed at the rare sight of society president Geraint Davies, Clive Edwards and Peter Francis using up their five minute allowance, searching in vain, for both their first and provisional balls bringing an abrupt end to their hopes of entering the winners' enclosure.

Despite these difficulties a number of members kept their concentration and returned quite respectable scores.

Former Cowbridge All Stars goalkeeper Reg Davies, despite taking nine shots on the opening par-5 hole, quickly settled into his game to finish in first place with a net 73 followed by David Williams who returned a net 76.

John Caines, with a net 78, finished in fourth place just ahead of Griff Morgan who returned a net 82. Andrew Lamb took the honours in the section for visitors, finishing with a net 78.

David Williams was the only player to hit any of the par-3 holes to win the Watts & Morgan, Cowbridge sponsored prize and Tim Jarvis hit the longest drive down the 18th hole to win the Bear Hotel, Cowbridge sponsored prize.

Clive Thomas somehow correctly guessed the high number of balls that would be lost to collect the Premier Turf Ltd sponsored bottle of whiskey that raised £100 for Prostate Cancer Wales.

The society's next meeting is scheduled for Friday, June 24, with members looking forward to their annual 'away day' which involves a coach trip to north Somerset to play the Mendip Springs Golf Club, an event kindly sponsored by local estate agents Payton, Jewell and Caines.

Finally, the Society is extremely grateful to Cowbridge solicitors Glamorgan Law Ltd for funding the coach journey to Mendip Springs.

Draw for the quarter final of the Nipper Jewell knockout competition:

Julian Kelly v Mark Rees; Dan Jarvis v Chris Rooney; Julian Golunski v Brian Jones; Griff Morgan v Martyn Edwards - matches to be played by June 24.

TMC

Captain's charity day at Wenvoe Castle Golf Club

CLUB captain Paul Coombs looked to the skies and hoped that the potential rain showers would not spoil his special charity day to raise funds for Cancer Research Wales.

Club captain Paul Coombs (left) congratulating Andy Evans of the winning team.

There was a huge entry with tee times booked from early morning until way into the afternoon. The fears were unfounded as it was sunshine all the way and golf played in almost perfect conditions.

As well as the main competition, played in the form of a Texas Scramble, there were plenty of opportunities to raise funds with a putting competition, a chipping contest, nearest the pin and a secret bid for a four ball at Langland Bay Golf Club.

Add in the usual raffles and at the end of the day over £2400 was raised for the nominated charity.

The main competition proved to be a very, very close affair with the winning team from Wenvoe Castle of Tim Dimond, Jeff Plevey, Tim Hanson and Andy Evans posting an exceptional net 56.9.

Second place went to visitors Anthony Jay, James Hunter, Greg Buckle and Martin Olway from Pontypridd Golf Club just missing out with an impressive net 57.8. They were the last group out and just missed out on the final green.

Captain Paul Coombs presented the various prizes and thanked all for the tremendous support on the day.

Special thanks went to the green staff for once again presenting the course in superb condition and the club members, particularly the ladies section, for the help and organisation throughout a long day. Particular praise went to the bar and catering staff whose service from early morning to the end of the day was really appreciated.

At great day and as hoped the real winners were the captain's nominated charity - Cancer Research Wales.

RESULTS

Texas Scramble - 1st Tim Dimond, Jeff Plevey, Tim Hanson and Andy Evans Net 56.9; 2nd Anthony Jay, James Hunter, Greg Buckle and Martin Olway Net 57.8; 3rd Rob Campbell, Craig Miller, Mick Jones and Billy Harrington Net 57.9.

Nearest the pin – ladies (second hole) Jane Lotte (8' 1"); men (ninth hole) Steve Davies (5' 10"). Nearest the line (14th hole) Jim Heggarty (on the line). Putting competition (joint winners) Rhys Ivory, Barbara Beedham and Sheila Morrow. Chipping competition (joint winners) Steve Cleaver and Mike Jones. Secret bid for Langland Bay four ball voucher - Nigel Stephenson.

BJ

Youngsters save the day for Cowbridge CC

ON a day at Gowerton when Cowbridge's first XI were facing a heavy defeat, the combined efforts of school students Matthew Keating and Rian Thomas, plus Swansea University mathematician Joe Russell, served to frustrate the home bowlers to the extent that an unlikely draw was secured.

Having posted a gargantuan score of 293-7 and having Cowbridge at 41-7 it seemed that a early beer was waiting for the home XI.

"Not so", thought Matthew and Rian, who proceeded to put on 61 for the eighth wicket. Rian faced 73 balls and made 35 before falling at 107.

However the slim figure of Joe Russell proved well up to the task of staying with Matt as they ground out the heroic draw.

The support of Rian and Joe had been essential but it is Matt who deserves the main plaudits. Facing 112 balls (that's more than 18 overs on his own), Matt's obduracy was a model of the defensive innings.

That Matt only scored 16 in his innings was irrelevant as his stubbornness increasingly frustrated the home side.

Earlier in the match Cowbridge had started well reducing Gowerton to 79-5. Chris Willey took three and Jake George conceded just 25, both off 10 over spells.

The day belonged to Matt Keating, though, and maybe Cowbridge will turn a corner and start climbing the Division One table from now on.

Maesteg Celtic are this Saturday's visitors to the Athletic Ground. Meanwhile the second XI cannot climb to a higher position in Division Five as they currently lead it.

A fine win for Jonathan Smart's men by five wickets over Llanelli was a just reward for a good all round performance.

John Gilbert conceded just four runs from his eight overs and Heath Webb picked up three wickets which served to put Llanelli on the rack at 35-6.

Good hitting from the visitors' No 5 Westcott, who made 54, put a total of 135 on the board. Ian Harris took 3-11 towards the end of the innings.

With Jonty Webb in pre-nuptial form, the target was soon reached in 35 overs with the former skipper left on 83 not out.

Another good win then for the second XI, who travel to Kidwelly this Saturday when the meet the opposition's first team.

Ladies impress in the Shield

ON Tuesday, Llantwit Major ladies bowlers welcomed Bridgend Municipal Ladies for another round of the Cowbridge Shield.

With the weather being kind to us we had an enjoyable afternoon of bowling. Margaret, Marian, Pat and Kay went in the lead from the start and, with a 5 on the 6th end and a 4 on the 10th, kept it up to the end, winning 21-9.

Eryl, Julie, Lyn and Liz were also ahead from the start and steady scoring throughout ensured a win of 21-8.

Dilys, Carol, Margaret and Edna did not find their form and, with all four ladies from Bridgend playing exceptionally well, they lost 8-25. Well done ladies.

On Thursday we travelled the short distance to Millwood, but in brilliant sunshine Llantwit ladies found the green quite a challenge.

Margaret, Marilyn, Naomi and Kay were 8-8 on the 10th end but Millwood scored 4 on the 11th and 17th which enabled them to win 12-19. Hard luck ladies.

Carol, Margaret, Eryl and Liz were unable to get ahead of Millwood and although scoring steadily in the second half, were unable to close the gap and lost 11-18.

Julie, Barbara, Pat and Edna were slow off the mark but on the lucky 13th end they went in the lead, 14-13. Millwood came back on the 15th making it 16-16, but the last three ends were Llantwit's with a score of 21-16. Well done ladies, and thank you Millwood ladies for a lovely tea.

CW

Under-15s show the way

THE under-15s are showing the way for the Cowbridge Cricket Club junior teams.

In the under-15s B league of the Cardiff and Vale junior cricket, the team has made a promising start winning both the opening matches.

First up was a visit to Llantwit Major where the home team batted first. Llantwit fielded some inexperienced players and only their captain and opening bat D. Henson, with 27, contributed to the total of 47 all out; Quin Silk with 4 for 3 and Ellis Murphy 2 for 2 gained most of the wickets.

An opening stand between captain Sam Russell (26) and Heath Webb (15) scored the necessary runs to gain victory by 10 wickets.

Penarth was the visiting team in our first home match of the season with Cowbridge electing to bat first.

Our three county players went cheaply and it was left to young Harry Treharne to anchor the innings which he did with an admirable 28 not out, ably supported by Matthew Persey (12 not out).

Cowbridge reached a total of 111 for 5 with extras contributing a large part of the score. Fine pace bowling by Sam Russell (2 for 6), Quin Silk (1 for 6), Heath Webb (0 for 8) and Shiraz Khan (2 for 12) ensured that the visitors were behind the asking rate.

Sam Dunscombe (1 for 9), Evan Pryce (1 for 8) and Ellis Murphy (1 for 4) ensured victory by 32 runs with Penarth 71 for 9.

During the half-term break all junior coaching will cease for that week with no games until June 4, when the under-11s will play Barry.

JB

Presentation evening at Cowbridge RFC

ON May 20, more than 100 members and guests attended the Cowbridge RFC annual dinner and a very enjoyable evening was had by all present.

The evening was well organised by Rob Price with guest speaker Rowland Phillips.

The evening started with a tasty three-course meal provided by Andrew Tucker and his team. Rob then introduced Rowland Phillips, one of a small group of dual code rugby internationals.

Rowland was born in St David's and played for the mighty Neath team of the 80s from where he was capped for Wales.

He then moved north to Warrington and we heard of the characters and adventures he had along the way including coaching stints in Wales, Italy and now with London Welsh. Rowland also referred to the fun he had linked to his television appearances.

Club captain Huw Loughor thanked the players and coaches for all their efforts. There had been real highlights with the cup run that ended at eventual winners Burry Port, but only on try count.

The games at the end of the season with the win over leaders Taffs Well the pick. Huw thanked the physics, both of whom were in attendance, not least for the help he had received. The supporters and sponsors were also thanked for their contributions.

Club chairman John Griffiths welcomed all of those present and thanked all of those who had contributed to a very long season.

John then introduced the first award of non playing clubman of the year to coach Richard Harris who lead the team behind the stupendous success of the youth team, winners of no less then three cups including the big one the WRU National Cup.

John then handed over why each award winner had been successful be it skill, determination or commitment.

John then handed over to coaches Dan Williams and Leigh Davies - Dan outlined why each player was successful, be it skill, determination or commitment .

The winners were: player of the season - Richie Howson; player's player - Huw Lougher; supporter's player - Richie Howson; most improved - Alex Lewis; young player - Alex Guard; top try-scorer -back, Will Williams; forward, Emyr Stone; top points scorer - Ben Wright; playing clubman of the year - Kieran David.

Leigh Davies outlined the coaches' strategy of encouraging players to further their playing opportunities while fostering a learning and improving ethic at Cowbridge, mixing youth with experience. Leigh said the future looked positive.

Finally thanks go all those behind the scenes who help Cowbridge RFC each week of the season and to The GEM for their continued coverage.

Good luck to Wales in New Zealand, the games are sure to be on at the club.

RV/RK

TIM'S WINNER

MONSIEUR ARKADIN, trained by Tim Vaughan at Aberthin, and ridden by Alan Johns, landed the closing bumper (National Hunt flat race) at Huntingdon on Monday.

A 2-1 chance, Monsieur Arkadin won by two-and-a-quarter lengths from the favourite Lord Bryan, trained by Pembrokeshire's Peter Bowen and partnered by Jamie Moore.

BRIAN LEE

BLAST FROM THE PAST...

GEM columnist Brian Lee who this year is celebrating 50 years of reporting on the Welsh hunt-racing scene for the national and local press takes another look through the pages of one of his many press cuttings scrapbooks.

With the approach of the 1979 season, and under the heading "Point-To-Point Title Wide Open This Year", this is what I had to say: "During the next three months or so 15 point-to-point meetings will be held, weather permitting, in the south and west Wales areas.

The season gets under way on March 3 when the Carmarthenshire Hunt stage their meeting at Llanybri and the Ystrad Hunt hold their fixture at Lower Machen.

For many enthusiasts the coming season will be a sad one due to the absence of Tommy Morgan's Mandryka, the most popular point-to-pointer in the history of Welsh Hunt racing. Mandryka which was not much bigger than a pony, dominated the Welsh scene the past six or seven seasons, chalking up a record 45 wins, all of them in open races.

With the little horse now in retirement the way is clear for a new champion to emerge and perhaps endear itself to the hundreds of enthusiasts who go point-to-pointing, whatever the weather, each weekend throughout the season.

Before Mandryka's reign it was Milton Bradley's mare Octroi which captured the imagination of the crowds. This game mare won 22 races with Celia Conley in the saddle before injury cut short its racing career.

Another prolific winner was the grey Sylvester 11, which in the 1950s won 29 races. Sally On, Spurn Head, Wily Star, Mr Worth, Chingley Golden Heart, Norther and Clover Bud which went on to win the Welsh Grand National at Chepstow are others which were great favourites over the years.

But which horse will enthusiasts be cheering home this season? Could it be Dillwyn Thomas's Prince Haven 11 or Cefn Soloman?

Many people will remember those two great performers of the Thomases-Summer Days 11 and Cariff Princess.

One horse which could prove almost unbeatable in Wales would be Mrs Diane Sloman's Linden Lad, but it is in hunter chases that it will probably make its mark."

"First Win For Julie" read a report of mine in 1981 which appeared in a local paper and went on to say:

"Julie Bolton, a radiographer at the University Hospital of Wales in Cardiff, chalked-up her first winner when partnering Keith Pritchard's grey mare Shesheen to a short head victiory over Candy Coaster at the Tredegar Farmers' Hunt Steeplechases.

Julie, who was in charge of the number board at the recent Gelligaer Farmers meeting where her husband Chris was the announcer, was riding the odds-on favourite and the men's open here also went to an odds-favourite Rose Harry's Fitz, partnered by John Llewellyn."

Under the heading "Llewellyn Lands 20-1 Winner" I wrote: "Proud Prince ridden by Welsh champion John Llewellyn landed a division of the Heygate Gold Cup Open race at the North Hereford Point-To-Point.

Proud Prince, a 20-1 outsider, scored by 10 lengths from the favourite Spartan Scott with his rider looking round for non-existent dangers on the run-in.

Owner Gordon Lewis, a near neighbour of Llewellyn, said in the paddock after the race that he was 'surprised' with the result.

There was another surprise win by a Welsh horse when Fonman, trained at Chepstow by Colin Davies for land agent Mr. M.E. Zorab, took the first division of the restricted open. Fonman was bred by Lady Boothby of Fonmon Castle.

Fonmon was the first leg of a treble for John Bryan who also won the second divsion of the restricted open on Little Bilsham and the third division on Dainty Dolly.

Distraught owner/rider Mary Crouch cried: 'I don't know what happened' after her Linden Lad collapsed and died after winning the Ladies' Open Race for which there were 20 runners.

Linden Lad, who up until last season was qualified with the Glamorgan Hunt, got home by half-a-length after a hard struggle with Adulation.

Mark Richards, a 17-year-old schoolboy from Abergavenny, chalked-up his second success when winning a division of the Open on his father's Dempsey.

'The member race went to the even-money favourite Ledger Lane ridden by Andrew James and Adrian Ulyett won the Adjacent Hunts' race on Wily Vision and Bob Wooley the Maiden on Lynn Tricolure."

Dinas Powis's Rose Harry had her famed chesnut Fitz in fine form that year and under the heading "Fitz Has 25th Win In Style" I reported: "Rose Harry's Fitz, partnered by Tim Rooney, chalked-up his 25th point-to-point success when landing the Adjacent Hunts' race at the Glamorgan Hunt Steeplechases.

Fitz, who has also won two hunter chases under Rules, finished 22 lengths clear of Ballydamus, with Naval Power a further length away in third place. Fitz's win was consolation for Mrs Harry after the disappointing display of her Ernie The Milk, who pulled up in the men's Open race won by Gordon Lewis' Proud Prince.

Mary Crouch, from Berkshire, outwitted her 10 Welsh rivals by making every yard of the running in the women's Open on her French-bred Sweetock.

Proud Prince was ridden by John Llewellyn who also won the members' race on Majer Gerard. Tim Rooney also won the first division of the restricted on Ted Williams's Crosstown and Bryan Eckley the second on Glynn Valley. Brian Price won the first division of the maiden on Gillian Rosemary and Barry Thomas the second on Welsh Cuckoo."

At the Talybont Hunt Steepelchases that year, I claimed: "A Welsh bookmaker made racing history when he laid two odds-on favourites in the same race. Dave Dee, of Merthyr, went 4-5 Bell-Amys and 4-6 Sheer Ice in the Ladies' Open Race.

Three other horses were quoted at 2-1 with 6-1 the rank outsider. Only four bookmakers, the others must have been at Chepstow and Lydstep, attended the meeting, the lowest ever recorded in Wales, and angry racegoers complained about the ridiculous odds on offer.

Bassaleg farrier Tim Rooney was in brilliant form, landing a treble with Quiz Master, Canhe and Hunting Master from just three rides, and David Stephens took the opening members' race on Ambley Wood, Karen Tollit the ladies' open on Copper Castle.

At the Curre Hunt steeplechases, Vale farmer Arthur Thomas saw his Border Merchant win the restricted after the pacemaking Watergate had fallen three fences from the finish. Border Merchant was ridden by John Beavis.'

I am researching a book on notable Welsh point-to-point riders and and notable Welsh point-to-pointers and would like to hear from anyone who has press-cuttings, photographs, memories, etc. Please e-mail brianlee4@virginmedia.com or phone 02920 736438.

BRIAN LEE

Captain's day is held at Millwood

Left to right: Des Cameron, Jan Jones, Peter Taylor and Rob Thomas.

DUE to an extremely busy fixture list, Millwood club captain Alan Evans decided to take a chance on an early season captain's day and was well rewarded, with the weather gods turning on what has probably been sunniest weekend of the year so far, backed by club members and guests in their droves.

The main event of the afternoon was a fours competition for the Curly Cup played in memory of Geoff Whitehouse, a founding member of Millwood.

The matches were thoroughly enjoyed by all players who revelled in the sunshine and in good sportmanship.

At the end of the afternoon, the final was played between rinks skipped by Peter Taylor and Derek Gorringe; the final was closely fought with Peter's rink finally coming out on top, although the scores were level at the conclusion of the game and and extra end was needed to determine the winners.

BH

An easy week enjoyed on the greens for the Cowbridge lady bowlers

THE ladies played two home matches last week and had a relatively easy passage as the opposition in both games were unable to field full teams.

In the Monday evening two rink game the visitors were from St Fagans. Rink scores: Diane Purnell, Margaret Cooper, Lynda Wilson and Dorothy Pritchard 24-5.25; Lin Wallace, Caryl Davies, Jan Lewis and Sylvia Hole 20-3.75. Match score: Cowbridge 44, St Fagans 9.

In the Thursday league game Barry Central were the visitors; rink scores: Maggie Penn, Lyn Wallace, Joy Woolford and Shirley Wilkinson 34-6.75; Diane Purnell, Pat Davey, Sylvia Hole and Sue Flowre 31-6.75; Janet Morton, Caryl Davies, Lynda Wilson and Phyllis Price 14-8.25. Match score: Cowbridge 59, Barry Central 21.75.

The men had a midweek Munro Cup game away to Llantwit and the result went Llantwit's way.

Although Cowbridge lost on two rinks and won on the third, there was a memorable finish for Alan Wallace and his team who, after 16 ends, had only scored 11 shots to Llantwit's 18, but then scored a 2 and a 5 on the last two ends to draw level.

Rink scores: Roger Barwick, John Jones, Colin Wilson and Norman Wilkinson 18-12; Ron Frayling, Byron Richards, Rob Lewis and Bob Penn 14-21; Mansel Davey, Gerry Lloyd, John Trott and Clive Pritchard 8-31; Terry Dunsworth, Bryan Hole, Guy Morton and Alan Wallace 18-18. Match score: Cowbridge 58, Llantwit 82.

This Friday, June 3, is the first meeting of our Friday social triples competition which will be played on Friday evenings between June 3 and August 19.

Six teams will compete and all of our 10 new members will play some part during the 12 week course. Players are reminded to arrive by 5.45pm so that we can make a prompt start.

Finally the men's team start their Cardiff MBA League competition with an away fixture at Taffs Well this Saturday.

This is the first of 14 matches to be played this season; clubs play each other on a home and away basis.

MB

The Barry and District league tables and results

CRIB DIVISION 1:

League table: Rhoose Social 188, Wyndham Cons 185, West End 182, Liberals 180, West End Runaways 180, Cadoxton Cons 177, Moors Boys 168.

SKITTLES DIVISION 1:

Allsorts 1, Slammers 6; Rhoose Social A 5.5, Liberals A 1.5; Cambrian Flyers 4, Barries Boys 3; Liberals C 6, King William XII 1; Rhoosters 2.5, Rhoose Social C 4.5; Rhoose Social B 2.5, West End D 4.5; West End C 1.5, Rugby Club 5.5.

League table: Sea View B 136.5, West End D 122.5, Rugby Club 110.5, Barries Boys 109.5, West End C 103, King William XII 102.5, Slammers 100, Rhoose Social A 99.5, Rhoose Social B 94, Rhoose Social C 87.5, Allsorts 85, Rhoosters 82.5, Liberals C 82, Cambrian Flyers 72.5, Liberals A 68.5.

SNOOKER DIVISION 1:

Cadoxton Cons B 4, Caddy Allstars 1; Wyndham Cons A 5, Market Street C 0; Savoy A 4, Harbour B 1; Rhoose Social C 3, West End C 2; Penarth Cons B 3, Rhoose Social B 2.

League table: Savoy A 116, Harbour B 110, Cadoxton Cons B 97, Wyndham Cons A 84, West End C 78, *Cadoxton Cons Z 73, Rhoose Social C 57, Caddy Allstars 56, Rhoose Social B 56, Penarth Cons B 50, Market Street C 44 (* = Points deducted).

SNOOKER DIVISION 2:

Wyndham Cons C 3, Market Street B 2; Cadoxton Cons A 2, Liberators 3; Savoy B 2, Penarth Cons A 3; Services Social B 5, Sully Sports A 0; West End A 3, Wyndham Cons D 2.

League table: Services Social B 101, Liberators 93, Penarth Cons A 93, Savoy B 89, Market Street B 88, Wyndham Cons C 80, Cadoxton Cons A 66, West End A 63, Sully Sports A 60, West End B 46, Wyndham Cons D 46.

All league and cup fixtures and results at www.barryleagues.co.uk and on Facebook - search for 'barry leagues'.

JW

CTK netballers are selected for Wales

CONGRATULATIONS to six CTK players Clare Jones and Sarah Llewellyn (senior squad) and Megan Powell, Anna Brindley, Emily Edwards, and Lydia Hitchings (under-21s) who have been selected to represent Wales in a tour of South Africa for a three match test series in Durban between June 17-19.

We would like to thank The Vale resort for their ongoing support of all of our players and Darryl Maynard for his expert input to our players.

Wales have never travelled to South Africa before but this tour is essential to further develop our athletes. Wales seniors are presently ranked seventh in the world and South Africa are ranked fifth, so the test series promises to be a tightly-fought contest.

The under-21 squad will also be playing three tests as part of their preparation for Netball Europe in October which is extremely important this year as it is the qualifiying competition for World Youth Cup in Botswana. We wish both squads a safe and successful tour.

CW

Belle Vue taste success in Munro Cup

ON a cool, summer night, Penarth Belle Vue Bowling Club had a very good win against Barry Central by 82 shots to 14 (12-2 points) in the Munro Cup.

Rink one won quite well (31-7), a very good performance. Lead was Gerry Field; No 2 Paul Booth; No 3 Alan Thomas, and skip Len Fowler.

Rink two (18-11) another good win. Lead was captain Frank Keen; No 2 Gordon Ford; No 3 Paul Paterson and Colin Scammel two skip.

Rink three clocked up the third win (22-10). Lead was Rowland Fletcher; No 2 Richard Brant; No 3 John Whitfield and skip Trevor Ford.

Rink four (only defeat 11-16) was the only rink to come unstuck. Lead Dave Smith; No 2 Graham Duggan; No 3 Richard Fitzjohn and skip Dave Miller.

A big thank you to Gerry Field for the pasties and Paul Booth for looking after the bar!

FK

BOWLERS COME OUT ON TOP AGAINST NEIGHBOURS

LLANTWIT MAJOR mens bowlers hosted near neighbours Cowbridge for their Wednesday Munro Cup game, always an enjoyable game played in a friendly spirit, with Llantwit coming out on top, 82-58.

Richard George's rink took the lead from the start winning the first five ends to take a 10 shot advantage.

After losing the next two ends Llantwit shot ahead again, winning another five ends to take a commanding lead of 15 shots, losing only another two ends to win by 23 shots.

Graham Jones' rink were handicapped from the start, being one player short, with Cowbridge having an experienced lead in Roger Barwick to give them a good start.

They forged ahead with Llantwit unable to match them, giving Cowbridge their only winning rink.

Charles Hiscock's rink started slowly, winning only one of the first five ends to be six shots down. Llantwit then came into the game, taking the next four ends to go three up in a topsy-turvy game.

Cowbridge then went in front before Llantwit scored eight shots over four ends to be six up; but Cowbridge hung in there, scoring six shots on the final two ends to draw the match.

Neville Young's rink were one shot down after four ends before scoring five on the next end to go in front.

Cowbridge came back to take a three shot lead by the 10th end but Llantwit then again went in front to win by seven shots.

NY

Vale Sports Arena partners with the Welsh Rugby Union

A groundbreaking partnership has been announced between the WRU and the new multi-sports complex in Penarth, the Vale Sports Arena.

The partnership will see a number of rugby coach education opportunities in the Vale to help grow the game.

The WRU coach development department is excited to announce a new additional state-of-the-art facility to its 2016/17 coach education programme.

Jon Evans coach development manager for the Blues region stated: "The Vale arena offers a new indoor 3G pitch along with excellent presentation suites that enhance the experience that coaches receive when attending a course.

"I'm delighted that we will be running a level one and a level two course from there as this is the beginning of what will be a great partnership between the WRU and the arena."

Vale Sports Arena director Peter Griffiths said: "The partnership is a wonderful indication and a sign of our commitment to help grow sport and physical activity for all ages in the area. To have the arena as a coach education centre for rugby is an honour and we will embrace the ongoing relationship."

For more information about the Vale Sports Arena, please contact 07955270870 or email info@valesportsarena.co.uk. **PG**

Barrivale Bridge Club results

LATEST results from Barrivale Bridge Club for May 24:

1st Mike Close and Mike Best 69.64%; 2nd Irene Thomas and Jenny Vaughan 68.45%; 3rd Mark Roderick and Noelle Bond 58.33%. Irene Thomas and Jenny Vaughan won on handicap.

New members are always welcome at Barrivale. A partner may be arranged if required.

If you would like to join us ring 01446 418380 or 01446 733425 or 01446 735592 call at the Pioneer Hall, Beryl Road, Barry on Tuesdays at 7pm; alternatively, players, inexperienced or new, may attend on Fridays at 10am at the same address. **DR**

Belle Vue struggle

ON a nice, sunny evening at Millwood in a nice friendly atmosphere, Penarth Belle Vue went down 86-52 in the Munroe Cup.

All four rinks lost, but the game was enjoyable.

Rink one: Lead bowler Rowland Fletcher, Richard Brant, John Whitfield and skip Trevor Fold lost 16-12.

Rink two: Lead bowler Frank Keen, Gordon Ford, Barrie Bagwell and sip Paul Paterson lost 28-13.

Rink three: Lead bowler Gerry Field, Paul Booth, Alan Thomas and skip Len Fowler lost 18-13.

Rink Four: Lead bowler Dave Smith, Graham Duggand, Richard Fitzjohn and skip Dave Miller lost 24-14.

A big thank you to Millwood for their hospitality and a nice evening. **FK**

Sports groups dip into Vale Community Chest Fund

NINE Vale organisations have been awarded funds totalling £11,195 from the Community Chest sports funding scheme.

The Sport Wales-funded scheme is managed by the Vale Council's sports development team to help more people become more active.

Successful applicants included Barry Athletic Cricket Club, which received funding to send their coaches on level 2 coaching courses; and Rhoose Lifeguards. Its funding will be used to purchase high visibility vests to ensure that participants can be seen in the water. Barry YMCA Gymnastics Club and Penarth Gymnastics Club both received funding to send their coaches on training courses.

Colcot Boxing Club won a grant to increase the number of young people taking part in the sport. The club has teamed up with the Vale Council's 5x60 scheme to encourage secondary school pupils to become more active. They will also be looking to work with young offenders to use boxing as a diversionary activity and to increase coaching opportunities at the club by sending volunteers on coaching courses.

Other organisations benefitting from the fund include Barry Athletic FC, Cowbridge Cricket Club, Cowbridge and District Angling and the 11th Barry Sea Scouts, which will be sending volunteers on powerboat, safety boat and kayak instructor courses.

Sport Wales has provided funding in excess of £100,000 for the Vale Community Chest scheme.

Contact the Vale of Glamorgan Council's sports and play development team on 01446 704793 to discuss your proposal, prior to submitting an application.

Follow The GEM's sports Twitter page - @*sport_gem*

Cottrell Park ladies enjoy their away day by the sea

Helen Poole, Margret Rees, Marianne Allan and Lawri Roberts on the first tee.

Ladies captain Sian Lovell with Kay Bradbury, chairman of Cottrell Park.

Chris Evans, vice captain, with Sian Lovell, captain, and winner of the Miss Button Trophy (Sian is wearing the golf hat).

FOLLOWING on from the successful 20th anniversary celebrations at Cottrell Park Golf Club, the ladies captain arranged the annual away day.

This year the venue was Langland Bay Golf Club situated on the beautiful Gower Peninsula. The sun shone throughout the day and the views were spectacular. The course presented a challenge to all!

In an unusual turn of events it fell to the ladies' vice-captain, Chris Evans, to present the Miss Button trophy to the worthy winner, captain Sian Lovell.

A very enjoyable day was topped off with an excellent meal in the golf clubhouse. **RD**

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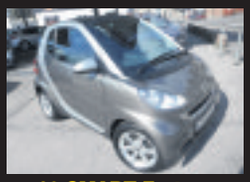

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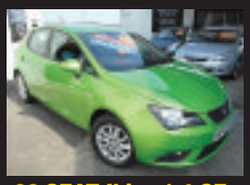
In ice blue, 56,000 miles, top of the range
£10,995

11 MINI Cooper 1.6 Chilli
In British Racing Green, 22,000 miles
£8,495

13 CITROEN DS3 Style 1.6
In white, 23,000 miles, alloys, cruise control
£8,495

07 MAZDA MX5 1.8
In met-grey, 30,000 miles, superb throughout
£5,995

11 BMW X1 M-Sport 2.0 Diesel X Drive
In sapphire black, 41,000 miles with heated leather etc
£13,995



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In black, 39,000 miles, 1 owner
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In red, 28,000 miles, 1 owner, free road tax, 'sporty looks'.
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12 **MERCEDES S320 CDi BLUETEC Automatic** In silver with black leather, 36,000 miles, Over £3000 of extras. On offer at **£23,995**

11 **BMW X1 M-Sport 2.0 Diesel X Drive** In sapphire black, 41,000 miles with heated leather etc....**£13,995**

09 **BMW 335i M -Sport 4-Dr** In black, with beige leather, 57,000 miles, Xenon etc.....**£11,995**

13 **RENAULT Grand Scenic D-Quettluxe NRG 1.6 Diesel 7 seater** In ice blue with leather trim, 56,000 miles, top of the range **£10,995**

12 **FORD Focus 1.6 TDCi ZETEC 'S' 5-Dr** in met grey, 41,000 miles, fantastic mpg **£9,495**

15 **HYUNDAI i20 Premium 1.2 5-Dr** in met blue, diamond cut, alloys, bluetooth etc **£9,295**

61 **NISSAN Qashqai 1.6 Acenta** In black, 33,000 miles, a/c, alloys ..REDUCED BY £500 TO **£8,995**

12 **PEUGEOT 508 Allure 2.0 Diesel** In Iseo Blue, 47,000 miles with Bluetooth, heated seats etc..**£8,995**

14 **RENAULT Clio Dynamique MEDIA NAV ENERGY DCi 1.5** In Silver with Bluetooth, sat nav, alloys etc, free road test, only 39,000 miles, 1 owner **£8,695**

13 **CITROEN DS3 Style 1.6 3-Dr Hatchback** In white, 23,000 miles, alloys, cruise control etc **£8,495**

11 **MINI Cooper 1.6 Chilli** In British racing green, 22,000 miles.....REDUCED TO **£7,995**

61 **FORD Focus 1.6 TDCi Zetec 5-Dr.** In silver, 45,000 miles, low running costs. **£7,995**

62 **VW Polo 1.2 Match 5-Dr.** In black, 26,000 miles with alloys, bluetooth etc. **£7,995**

58 **MERCEDES CLC 200 CDi Diesel Coupe Automatic** In Silver, heated leather seats etc with only 53,000 miles **£7,995**

62 **HYUNDAI IX20 Active CRDi 1.6 Diesel** In White, only 23,000 miles with Bluetooth (stop start), alloys etc **£7,695**

60 **MERCEDES B160 Blue Efficiency Sport MPV AMG.** Alloys, Bluetooth, Half Leather Trim. **£7,495**

12 **FORD Fiesta 1.2 Zetec 5-Dr.** In white, 7,000 miles, 1 owner, superb example at. **£7,495**

12 **RENAULT Megane GT Line Tom TOM DCi 5-Dr.** In grey, economical family car. **£7,495**

62 **FIAT Diablo 1.6 Multi Jet Diesel Eleganza** In met grey, 41,000 miles, 1 owner REDUCED TO **£7,495**

08 **BMW 320D M Sport Le Mans.** In blue suede trim, climate control saloon. **£7,495**

13 **KIA Venga '2' Automatic 1.6 5-Dr** In black, 37,000 miles, 1 owner, with parking sensors etc **£6,995**

12 **SKODA Roomster 1.6 TDi SE Plus** In black, 39,000 miles, 1 owner .....REDUCED BY £500 TO **£6,995**

63 **SUZUKI Swift SZ3 DDis 5-Dr Diesel Hatchback** In silver, alloys, bluetooth etc, 23,000 miles**£6,995**

62 **FORD Fiesta Zetec 998cc 3-Dr** In silver, free road tax, real value at **£6,995**

60 **PEUGEOT 3008 Exclusive 1.6 HDi** In vapor grey, 52,000 miles, MPV, Automatic **£6,995**

59 **VW Golf Plus 1.4 TSi SE** In silver, 50,000 miles, host of extras, superb example **£6,995**

10 **VOLVO C30 R-Design 2.0 Diesel** In titanium grey, 68,000 miles, heated leather seats, Bluetooth, alloys **£6,795**

13 **KIA Picanto '2' 1.0 5-Dr** In white, 12,000 miles, 1 owner, free road tax, bluetooth etc.....**£6,495**

13 **SUZUKI Swift 1.2 SZ3 5-Dr** In red, 27,000 miles, £30 road tax **£6,495**

61 **VAUXHALL Corsa 1.4SE Automatic** In met blue, 37,000 miles **£6,495**

11 **VAUXHALL Insignia 1.8 SRi** In met grey, 52,000 miles with sat nav, alloys **£6,495**

11 **SKODA Fabia 1.2 TSi SE Plus** In silver, 35,000 miles, 1 owner with climate control **£5,995**

10 **VAUXHALL Astra 1.4 SE Turbo 5-Dr** In silver, 55,000 miles, nice example REDUCED TO **£5,995**

13 **VOLKSWAGON UP 1.0 Black Edition** 51,000 miles, high spec, low running costs **£5,995**

13 **HYUNDAI i20 Active 1.2 5-Dr** In black, 40,000 miles, a/c alloys etc.....**£5,995**

61 **SKODA Fabia 1.2 TDi Greenlink 5-Dr** In red, 50,000 miles, 1 owner, "Free road tax".....**£5,995**

60 **TOYOTA Yaris 1.3 VVTi TR 5-Dr** In blue streak metallic, 12,100 miles from new **£5,995**

09 **FORD Fiesta 1.6 ZETEC 'S'** In silver, 49,000 mile local car on offer at **£5,995**

57 **SUZUKI Jimny 1.3** In met-grey, 26,000 miles, 1 owner, 4-wheel drive **£5,995**

07 **MAZDA MX5 1.8** In met-grey, 30,000 miles, from new, superb throughout **£5,995**

62 **SEAT Ibiza 1.4 SE 5-Dr** In verde lime, 22,000 miles, 1 owner ..REDUCED BY £1000 TO **£5,995**

60 **FORD Fiesta 1.2 Zetec 5-Dr.** In met blue, 42,000 miles, A/C, alloys etc. **£5,995**

11 **FIAT 500 Twinair.** In red, 28,000 miles, 1 owner, free road tax, 'sporty looks' **£5,795**

64 **SUZUKI Alto S23 5-Dr** In white, 10,000 miles, 1 owner, free road tax **£5,495**

11 **TOYOTA Yaris 1.3 VVTi T-Spirit 5-Dr** In met-grey, 63,000 miles, high spec **£5,495**

10 **RENAULT Twingo 1.6 Gordini Sports** In malte blue, 33,000 miles with leather etc.....**£5,495**

59 **VW Polo 1.2 Hatch 5-Dr.** In silver, 11,000 miles from new, 1 owner, superb condition **£5,495**

59 **FORD FIESTA 1.2 Zetec 5-Dr** In met-blue, 54,000 miles with a/c, alloys, etc ....REDUCED TO **£4,995**

59 **HONDA Jazz 1.4 V-Tec Ex** In electric blue, with panoramic roof ..... REDUCED TO **£4,995**

11 **FORD Fiesta 1.2 Zetec 3-Dr** In black, 66,000 miles, with alloys, a/c etc **£4,995**

09 **SEAT Leon 1.6 Emocion 5-Dr** In silver, 29,000 miles, very nice example at **£4,995**

56 **VW Golf 1.9 TDi Sport 5-Dr** In black, only 48,000 miles with alloys, a/c **£4,995**

11 **FORD Fiesta 1.2 Edge 3-Dr** In met-silver, 54,000 miles, low insurance **£4,695**

10 **HYUNDAI i10 Comfort 1.2 5-Dr** In silver, only 11,000 miles, low running costs **£4,495**

56 **HONDA Civic 1.8 ES 5-Dr** In electric blue, 52,000 miles with pan-roof **£4,495**

61 **RENAULT Clio 1.2 Dynamique 3-Dr** In silver, 64,000 miles with sat-nav, alloys etc **£4,295**

11 **TOYOTA Aygo 'Blue' 1.0 5-Dr** 54,000 miles, £20 road tax, low insurance .....REDUCED TO **£3,995**

10 **SMART Fortwo Pulse MHD Auto** In bronze, metallic, 46,000 miles, 1 owner **£3,995**

59 **SMART Fortwo Passion Auto** In red/silver, 21,000 miles, glass roof etc.....REDUCED BY £300 TO **£3,995**

09 **PEUGEOT 308 XL 1.6 Diesel 5-Dr** In met-grey, 76,000 miles, low running costs **£3,995**

60 **VAUXHALL Astra 1.4 Twinport Club 5-Dr.** In silver, 56,000 miles.....**£3,995**

58 **SKODA Fabia 2 HTP 1.2 5-Dr.** Met Grey, 50,000 miles, nice example **£3,795**

11 **SUZUKI Alto SZ3 1.0 5-Dr** In red, 47,000 miles, low running costs, plus £20 road tax **£3,695**

09 **FORD Ka 1.2 Style (New Shape)** In silver, 51,000 miles, £30 road tax **£3,695**

07 **TOYOTA Yaris 1.3 Zinc 5-Dr Auto** In met-silver, 65,000 miles **£3,695**

57 **RENAULT Clio 2.0 Dynamique S** In black, 63,000 miles with pan-roof, keyless-go etc **£3,295**

58 **FIAT Grand Punto 1.4 Dynamic 3-Dr** In met-blue, 63,000 miles, low running costs **£2,995**

06 **VOLVO S40 1.6S** In silver, 70,000 miles, very nice family saloon at **£2,995**

06 **NISSAN Micra 1.2 'S' 5-Dr** In black, 45,000 miles, 2 owners **£2,995**

57 **FORD Fiesta Style Climate 1.2 3-Dr** In tango red, only 51,000 miles, alloys, Ipod connector ..**£2,795**

60 **KIA Picanto 1.0 5-Dr** in white, 1 owner, low insurance, £30 road tax **£2,695**

55 **FORD Fiesta 1.4 Zetec 5-Dr** in black, 77,000 miles, 2 owners **£2,295**

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Centurions well beaten at Ponthir

SULLY Centurions Cricket Club visited Ponthir and after winning the toss, captain Santosh Singh opted to insert the opposition.

Spinetti (53) and Price (40) shared a century opening stand, before Price was trapped lbw by Rajkumar - the first of three wickets for the bowler.

However, Ponthir continued to rack up the runs, finally ending on 238 for 6 after the 50 overs.

In reply, Centurions lost a host of early wickets - being reduced to 68 for 6, before Tom Davies and Ali Raza put on 48 for the seventh wicket.

However, the last three wickets went down for just 17 runs, with the final score being 133 all out, Ponthir 238-6, Sully Centurions 133 all out.

The second XI hosted Ponthir seconds on a beautiful sunny afternoon at Burnham Avenue and lost by eight wickets.

Batting first, Centurions lost some early wickets and were 25 for 3 in the 12th over when Josh Bryan (27) and Adam Gilliatt (17) came together and put on 45 for the fourth wicket.

However, Tom Jarvis wrapped up the Sully tail with a fine display of bowling, ending with five wickets for just 19 runs, as Centurions ended on 105 all out.

After tea the opening pair of Simms and Ryan put on 60 for the first wicket. Young Aaron Emyr, with 2 for 19, was the only Centurion to take a wicket and, with Simms ending on 65 not out, the target was reached in the 26th over for the loss of just those two wickets.

Although a loss, it was good to see the mostly young team compete and it was also heartening to see the return of Lloyd Bruce for Centurions after his pre-season accident and hopefully he will be back in 1st XI action soon. Sully Centurions second XI 105 all out, Ponthir second XI 107 for 2.

MF

JSTKD battle it out in Welsh open

THE team from JSTKD Martial Arts & Fitness found themselves facing some tough opposition at the recent Welsh Open Tae Kwon Do Championships.

As usual, the team had a mixture of juniors and adults, with several members taking part in both patterns and sparring events.

The juniors comprised Rhys Doel, Menna Burmingham, Josh Edwards, Sean Edwards, Ashton Curnick, Niamh Padmore, Xantia Hoborough, Alisha Roberts, Zac Bowmen, Saul Bowmen, Finlay Valvo, Alex Munn, Dylan Sullivan and Nathan Skinner, who regrettably had to withdraw before the competition got underway. The adults comprised Lynne Parfitt, Chris Edwards and Viv Wilfred.

Everyone represented JSTKD admirably at this large competition, which welcomed over 1,000 competitors from across the UK. Teams travelled from all over Wales, England and Scotland to battle it out for the trophies.

There was good news in the colour belts as Ashton made a forceful return to competing, having been absent from the last few tournaments.

He stormed through his event to take the silver in the Cadets Red Belt Sparring – although this was decided after extra time since Ashton was in no mood to just give in lightly!

For the girls, Alisha clinched a bronze in the individual Girls Yellow Belt Lightweight Sparring event and then went on to add a silver in the Girls Yellow Belt Tag Team Event.

Also in the junior colour belts, Finlay put in a spirited performance to move through the rounds but sadly just missed out on a chance at the medals.

Sean, Dylan, Xantia, Niamh, Saul and Alex all sparred with full commitment but met with formidable rivals early on.

Zac was particularly unfortunate as his fight had to be stopped due to a technical issue.

The junior Black Belts, Rhys, Menna and Josh sparred valiantly, despite getting some challenging draws but weren't able to progress to the medals this time around.

The brave trio will all be competing in the upcoming World Championships being held in Birmingham in July.

The adults stepped up to the mark, with team captain Lynne Parfitt coming home with yet another trophy. This time she claimed the bronze in the Ladies Red Belt Sparring event.

More Red Belt action was taking place in the Men's Event which saw Chris Edwards put in a courageous performance. He was paired with a very intimidating rival, who was warned several times for aggressive behaviour and was looking set for a red card.

In spite of taking a severe kick to the face, Chris stood his ground, although ultimately losing out to his opponent.

Viv Wilfred, meanwhile, was sparring in the Executive Ladies Blue & Red Belt Sparring contest. She looked set to reach the final but after having two points disallowed, eventually had to settle for the bronze.

JSTKD hold classes throughout the Vale for those from three years old to adults and for all levels and abilities. Beginners of all ages are assured of a warm welcome. Full details at www.jstkd.co.uk.

VW

Final rounds of chess championships held

THIS month also saw the final pair of rounds of the Barry Chess Club championships.

It has proved a long slog to complete this competition that started back in September. There were originally 27 entrants but by the end of the tournament there were only 19 hardy individuals still playing.

Some had fallen by the wayside and for a few the dates clashed with other events.

This was the sixth club championships. The first was won by Richard Hamscombe.

Lee Davis took the next three trophies. Last year Lee's son, Ashley, took the trophy home. After five rounds Ashley held a half point advantage over Matthew Davies.

Round six saw the top four players all playing one another. Ashley and Matthew both won their matches against Steve Cunliffe and Dave Parsons respectively. They had therefore opened up a gap over the rest of the field.

With Plate leader Martin Ricketts losing there was a change at the top of the Plate. Ken Curry earned a victory to lead the Plate also by half a point.

The Bowl was also led by Ken with a minor lead over new players Ray Denyer and Huw Davies.

In the final round Ashley beat Sam Jukes to retain the title with a score of 6.5 from his seven matches. Matthew also won by finish unbeaten on six points. In other years that would be enough to win it. There was a big gap of 1.5 points from the rest of the field.

In the Plate there was an interesting match between Ken and Martin. A draw for Ken would have been enough for him to win the Plate.

An excellent performance, however, from Martin denied Ken, and Martin earned his first trophy in the 16 years he has been a Barry member.

A surprise win for Ray Denyer over Peter Watkins took Ray up to four points for the tournament. This equalled Martin's score but on tie break Martin took the Plate and Ray took the Bowl.

Overall this was a good tournament only spoilt by the excessive number of defaults.

The Barry Chess Club meets at 7.30pm each Monday at the West End Club, St Nicholas Road, Barry CF62 6QY.

The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night but if you contact one of the club members through the website we can explain what is happening on the night you have in mind, and arrange for someone to greet you on your arrival. For more details visit our website at http://barrychessclub.yolasite.com.

PJ

Flint strikes form

VALE trainer John Flint landed the Newton Abbot Racecourse On Facebook Handicap Hurdle with his eight-year-old chestnut mare Bernisdale last Wednesday.

It was a close thing as Bernisdale, ridden by Daniel Noonan, and which went off the 4-1 favourite in a field of 17 runners, won by a neck from 33-1 outsider Fuhgeddaboutit.

Then at Ffos Las on Friday evening his five-year-old EddieMaurice, partnered by his son Rhys, took the ToteQuadpot Four Places In Four Races Novices' Hurdle by one-and-a-quarter lengths from the David Pipe-trained Nice Thoughts. EddieMaurice was returned the 7-4 favourite.

BRIAN LEE

The Cowbridge Darts League round-up

ON Tuesday, May 24, the Edmondes Arms hosted the knock-out stages of the Super League Challenge Cup.

It provided another good evening of darts. Despite a format favouring the lower placed teams, there was no stopping this season's champions, the Edmondes B, who defeated the Edmondes C in their semi-final match and the Farmers Arms in the final.

The Farmers Arms had defeated the Farmers B (H&H) in their semi-final match.

With the season almost complete there are no more Tuesday matches. However, next Saturday, June 11, the Six Bells Inn will host finals and presentation night.

Doors open at 7pm and matches will start at 7.30pm. In the ladies' doubles final Joan Smith, Pam Adams and/or Maureen Fleming (Farmers Arms) will play Hilarie Coles and Joan Burt (Old Post Ladies) while in the men's doubles final Martin Thomas and Paul Butcher (Edmondes B) will play Paul Cates and Luke Woolf (Highwayman Inn).

In the ladies' singles final, Mickey Wilcox (Old Post Ladies) will play Joan Burt (Old Post Ladies). The evening will conclude with the men's singles final in which Paul Butcher (Edmondes 'B') plays Nigel Thomas (Farmers Arms).

For further information e-mail Paul at cowbridgedarts@gmail.com, up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

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FLYING THE FLAG FOR WALES!

Enforced 'rest' may come home to roost Down Under

Can Welsh wounds heal in time to face test?

THE Wales camp always knew it was a calculated risk – taking on the Grand Slam title-holders in their Twickenham stronghold with a team of match-starved players low on confidence after a mediocre domestic season – the day before setting off to New Zealand on Monday for a daunting three-test series against the double world champions.

In a real sense, it was a lose-lose situation, for as critics of the controversial 'friendly' fixture had been quick to point out, Wales were at near full strength, while the home team had around seven leading players unavailable – so victory for Warren Gatland's more settled squad was only to be expected, and defeat surely inconceivable?

No matter that given the superior depth of talent available to opposing head coach, Eddie Jones, now seemingly spoilt for choice on the playing front, there was no way an England line-up showing just one new face could be described as "weak" – but it did not prevent the wily Aussie turning up the pre-match heat by insisting that Wales were "*clear favourites to win*".

Even so, few could have foreseen a 27-13 outcome that saw the men in red blasted off the sun-drenched Twickenham turf on the end of a comprehensive, five-try defeat that would have been even more humiliating if the otherwise accomplished home outside half, George Ford, had remembered to bring his kicking boots – managing to convert only one attempt at goal.

In fairness, Wales bucked an all too familiar trend by getting off to a promising start for once, and drew first blood through a well-worked try by loose-head Rob Evans, converted by outside half Dan Biggar, who also landed a penalty for a 10-0 lead – but centre Luther Burrell gave an ominous indication of things to come by darting unchallenged through a defensive gap for an easy touchdown.

A worse omen came with the early departure of match skipper Dan Lydiate (who had been operating on the open side flank), with a shoulder injury that badly hit the reshuffled Welsh efforts at the breakdown, and prematurely ended his tour hopes.

To their credit, the men in red clung to a precarious halftime lead of 13-10, thanks to another Biggar penalty and a second England try, by Anthony Watson, which Ford again failed to convert.

Alas, it was all to fall apart for Wales in the second half. Within eight minutes of the restart, the game was all but over as a contest, with a strangely floundering, pedestrian Wales sliced apart by two quick-silver touchdowns from Marland Yarde and Ben Youngs which transformed the score-line to 22-13, as the far more enterprising English stepped up the pace to dominate all aspects of play.

A fifth, if controversial, try on the hour by Jack Clifford, was merely icing on the cake. Only Ford's wayward boot limited a convincing win to 27-13 – as Gatland's disconsolate troops paid the price for an error-ridden display, epitomised by an unprecedented 20 missed tackles.

One wonders, though, how much the desperately below-par performance had its origins in the Welsh regions' lack of success this season, which meant players had an enforced period of idleness on the sidelines, while opponents stayed battle-hardened.

True or not, that lengthy inactivity will hardly have helped prepare the national squad for the toughest overseas tour of all.

The Welsh camp confessed afterwards that they had "*much to work on*", though adamant that there were "*plenty of positives*" to be drawn from the Twickenham collapse.

There can be no doubt, however, that the result – and, more importantly, the *manner* of the defeat – dealt a damaging, psychological blow which will take some healing on tour – with precious little time to get things right.

DON JOHN

THE COUNTDOWN TO HISTORY BEGINS!

Joe Ledley passes the fitness test as Coleman names his Euro 2016 squad

by GARETH JAMIESON

INJURIES before major tournaments are a regular occurrence; our English neighbours have, over the last few World Cups and European Championships, been concerned with the health of the likes of David Beckham and Wayne Rooney prior to engaging in tournament football.

The actual concept of playing in an international tournament is one alien to Wales' footballers and fans, but if we thought we would have an easy pass before the naming of the 23 players heading to France, we were sharply jolted out of it by the injury to Joe Ledley while representing Crystal Palace.

What was hopefully a minor injury soon became something far more severe, a fractured leg that ruled him out of the FA Cup final and put him, according to Palace manager Alan Pardew, at '50-50' to make the Euros.

To lose such an influential player, both on and off the field, as Chris Coleman's men embark on their French adventure, would have been a painful blow to suffer; and Ledley wasn't the only injury worry for Coleman. Walsall's Tom Bradshaw left the camp with a calf injury and was subsequently ruled out of the tournament, as was Blackburn Rovers defender Adam Henley and Leicester City's Tom Lawrence.

Pivotal midfielder Joe Allen was another on the wounded list with a knee injury, but was named in Coleman's squad on Tuesday afternoon, along with Ledley whose presence will no doubt be a huge boost to players and fans alike.

The other unlucky players to miss out on their trip to Welsh footballing history were Wigan Athletic's Emyr Huws and Newcastle United defender Paul Dummett, who, the former particularly, will feel unfortunate not to have made it into the final squad.

Pointing to success? Chris Coleman has selected the 23 players he hopes will bring Welsh glory this summer. Pictures by HUW EVANS AGENCY

Instead Coleman has gone for a balanced squad that offers depth and potential; it's certainly a squad that, to a degree, picks itself due to the injury woes of a few, but one that, should injury and form come into play, will give Coleman plenty of options.

Wayne Hennessey will occupy the goalkeeper birth, having firmly established himself as the number one, but back-ups Danny Ward and Owain Fon Williams will certainly keep the Crystal Palace keeper on his toes.

The seven defenders picked have all featured fairly regularly for Coleman, and offer a stable and impressive backline on which to build.

Coleman's propensity for playing five at the back means that they may be stretched a little, but if we assume his settled defensive line-up will be Chris Gunter, James Chester, Ashley Williams, Ben Davies and Neil Taylor, then Jazz Richards and the experienced James Collins will provide ample support.

There certainly "Ain't nobody like Joe Ledley" – the midfielder has won his battle to be delared fit for the Euros.

With Ledley's inclusion, the midfielders selected are of an equally high standard, with Joe Allen and Aaron Ramsey likely starters alongside Ledley, and Andy King, David Edwards, and David Vaughn capable replacements, the thrilling Jonny Williams and the flying George Williams filling out the remainder of the berths.

The inclusion of winger David Cotterill with the strikers means that Coleman has opted for five, with the predictable selection of Gareth Bale and Hal Robson-Kanu, along with out-and-out strikers Sam Vokes and Simon Church also included.

With just one more game for Wales before their opening fixture on June 11 against Slovakia, a friendly on Sunday against Sweden, Coleman has just over a week to get the squad prepared for what is likely to be the biggest moment of their lives (Bale's Champions League win and Andy King's Premier League title medal aside). Can these 23 players perform on European football's biggest international stage? Of course they can!

Wigan Athletic midfielder Emryr Huws was perhaps the most unlucky to miss out on selection for the squad.

SQUAD: *Goalkeepers: Wayne Hennessey, Danny Ward, Owain Fon Williams. Defenders: Chris Gunter, James Chester, Ashley Williams, Ben Davies, Neil Taylor, James Collins, Jazz Richards. Midfielders: Joe Allen, Joe Ledley, Aaron Ramsey, Andy King, David Edwards, Jonny Williams, David Vaughan, George Williams. Forwards: Gareth Bale, Hal Robson-Kanu, Sam Vokes, Simon Church, David Cotterill.*

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